



Total Athlete Summer Camp 2009

This camp is designed to teach and refine basic athletic fundamentals. The camp will consist of a daily dynamic warm up, flexibility training, plyometric exercises, agility training, core strength, and sport specific strength training. The Twin Peak Performance Total Athlete is a camp designed on individualized instruction that educates the athletes on the importance of proper form and strength leading to decreased injuries and increased performance!



SPEED • POWER • AGILITY • REACTION • QUICKNESS

WHEN: June 8th - July 17th **WHERE:** YMCA **TIME:** 8-10 A.M.

PRICE: \$250 Entire Camp \$40 Weekly

Twin Peak Performance Camp Discounts Get 3 Team Members and receive \$20 off Get 5 or more team members and receive \$25 off

Questions or comments contact: Braube1@yahoo.com or call 751-0057



REGISTRATION FORM

NAME: _____

SCHOOL: _____

T-SHIRT SIZE: YOUTH M L ADULT S M L XL _____

ADDRESS: CITY, STATE, ZIP _____

HOME PHONE: _____

PARENTS NAME: _____

PARENT'S WORK NUMBER: _____

PARENT'S CELL: _____

Twin Peak Performance Total Athlete Summer Camp

June 8th - July 17th • 8:00a.m. - 10:00a.m. • Mon./Tues./Thurs.

PLEASE CIRCLE ONE:

ENTIRE CAMP \$250

WEEKLY PARTICIPATION \$40.00

3 team mates \$20.00 off per camper

5 team mates \$25.00 per camper

AMOUNT ENCLOSED: \$ _____

I hereby waive and release Twin Peak Performance, its counselors, facilities and camp directors from any and all liability for any injury incurred at the Total Athlete Summer Camp. I certify that my child is physically able to participate in the camp.

Parent Signature: _____

Date: _____

MEDICAL INFORMATION

Medications being taken: _____

Allergies: _____

Insurance Company Name: _____

Policy Number: _____

**FOR MORE INFORMATION, CONTACT BECKY RAUBE AT 751 – 0057
MAIL COMPLETED REGISTRATION FORM AND PAYMENT TO:
TWIN PEAK PERFORMANCE
50 SHADYSIDE CT
SAGINAW, MI 48638**