

Parent's Release Agreement

I hereby authorize the camp directors and instructors of the *Titan Total Athlete Camp* to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release the camp directors, instructors, and Illinois Wesleyan University from any and all liability for injuries and illness while at the camp. I will be responsible for any medical and other charges in connection with my son's or daughter's attendance at the camp.

Signature of parent/guardian: _____

Date: _____

Name of insurance provider: _____

Group/policy/ID number: _____

Emergency Contact and phone: _____

2 0 0 8

Titan Total Athlete *Summer Camp*



Titan Total Athlete Camp

When: June 2nd – July 25th

Where: IWU Shirk Center

Time: 9-10:30 a.m. M/W/F

Price: \$250.00 *entire camp*
\$40.00 *weekly*

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 *Titan Total Athlete* is a camp designed on individualized instruction that educates the athlete on the importance of proper form and strength leading to decreased injuries and increased performance!

Titan Total Athlete Camp Discounts

- Get 3 team members & receive \$20 off!
- Get 5 or more team members & receive \$25 off!

Please Register As A Group!

Ti-tan (noun):

A person of colossal size, strength, & achievement.

2 0 0 8

Titan Total Athlete *Summer Camp*



June 2nd – July 25th

- Agility
- Core Strength
- Reaction Time
- Dynamic Flexibility
- Sport Specific Strength
- Plyometrics
- Explosiveness

**Grades
7-12**

• **Team Discounts Available**

2008

Titan Total Athlete Summer Camp

The *Titan Total Athlete* is a summer camp developed for the 7th-12th grade athletes. The camp offers a comprehensive conditioning program focused on the development of all the qualities that make up a competitive athlete. The *Titan Total Athlete* camp addresses sport-specific movements at game speed, with improved agility and reaction time, explosiveness, dynamic flexibility and sport specific strength. Our goal is to stress proper body mechanics in order to reduce injury risk and improve performance.

The full camp is an intensive eight week program in which campers will train three days a week with the IWU Athletic Training Staff & instructors. Campers will work in a safe, monitored environment within the Illinois Wesleyan University Athletic Facilities.

Each camp will provide individual attention and instruction as well as educate athletes on strength and injury prevention in their specific sport.

Campers will be tested the first day and the last day of camp. They will be able to take home their results and individual instructions for continued improvement. Each camper will also receive *The Titan Total Athlete* camp T-shirt.

2008

Titan Total Athlete Summer Camp



Bill Kauth Ed.D, ATC, CSCS Dr. Kauth is a graduate of Illinois State University with B.S. and M.S. degrees in Athletic Training and an Ed.D. in Curriculum and Instruction with a minor in Exercise Physiology. Bill is also a Certified Strength and Conditioning Specialist. He has been the Head Athletic Trainer at IWU for 13 years and is an Associate Professor in the Physical Education Department where he teaches Kinesiology, Exercise Physiology, Strength & Conditioning, and Athletic Training.

Bill designs and implements the strength and conditioning programs for the IWU Men's Basketball and Baseball Programs.



Emily Miller MS, ATC, CSCS Emily Miller earned a M.S. degree from Ohio University and a B.S. from Northern Illinois University. She is also Certified Strength and Conditioning Specialist. Emily has been the Assistant Athletic Trainer at IWU for 2 years. Previously she worked at Division I Indiana University-Purdue University Indianapolis and was a graduate assistant athletic trainer at Ohio University working primarily with the Bobcats' football and the women's lacrosse programs.

Emily designs and implements the strength and conditioning programs for the IWU Women's Soccer, Basketball, and Softball Programs.

Full Camp: \$250

2008 Titan Total Athlete Summer Camp

Discount Registration: Name of school and specific team _____

Name: _____ Age: _____ Grade in Fall: _____

Address: _____ E-mail: _____
Sport: _____ HomePhone: _____

Parent/Guardian: _____ Parent/Guardian phone: _____
Each camper will receive a free T-Shirt (Adult Sizes): S M L XL XXL

*Please make checks payable to Emily Miller *Questions/comments to: emiller@iwu.edu

Mail Payment with form to:

Emily Miller

Illinois Wesleyan University

PO BOX 2900

Bloomington, IL 61702