

WHAT THE PEAK HAS TO OFFER YOU.....

- Speed, Agility & Quickness Training
 - Functional Movement Screens (FMS)
 - Pitching & Hitting Instruction
 - Fall/Winter Throwing Programs
 - Fall/Winter & Spring Clinics
 - Sport Specific Summer Camps
 - Team "SAQ" Training Programs
 - "Create a Camp" Team Programs (NEW)
 - Swing Through Golf Fitness Program
 - PEAK Running Clinics
 - Kettlebell training and workshops
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The PEAK

Orthopaedic Center of Central Virginia
2405 Atherholt Road
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Phone (434) 485-8517
www.OCCVA.com

THE PEAK AT OCCV BUILDING "ATHLETES" FROM THE GROUND UP.

The philosophy behind **The PEAK** is to improve durability, reduce risk for injury and enhance performance by evaluating every athlete at an individual movement level. Without corrective measures at this level we will continue to reinforce compensation patterns within our athletes. This compensation no matter how good an athlete looks, will lead to an injury if not corrected. The FMS Screen allows us to target and develop these base movements in order to increase performance and skill levels in our respective sports.

SKILL/SPORT

PERFORMANCE

FUNCTIONAL MOVEMENT



The PEAK Sports Performance

Individual & Group Training Sessions

"SAQ" Training - Speed, Agility & Quickness

Hitting - Fielding – Throwing Mechanics

Functional Movement Screens (FMS)

Personal Training

2010

Eric Campbell, CSCS.

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18u Blue Ridge Elite Softball Team

This talented group of young ladies representing all of our area high schools as well as some college softball elite will take part in mentoring and instructing at our youth camps.

Coaches at Large:

Area College, Travel & High School Coaches and players will assist with camps as well as other Specialized Instruction throughout the year.

For more information on:

“The Peak”

- ✓ Our Instructors
- ✓ Upcoming Camps & Clinics
- ✓ Classes
- ✓ Events

*Please visit the Our Services page on our website: www.occva.com or join us on Facebook.

Individual & Small Group:

Hitting, Fielding or Throwing Instruction
½ hr \$25 - \$30
1 hr \$45 - \$50
Groups (2-4) \$20 - \$30 per
Clinic (10+) \$13 - 15 per

Speed, Agility & Quickness Training

1 ½ hrs \$50
Groups (2-4) \$20 - \$30 per
Groups (10+) \$13 - \$15 per

Individual Strength Training

½ hr \$25
1 hr \$45
Groups (2-4) \$20 - \$30 per

Team Create-A-Camps

- Functional Movement Screen (FMS Testing)
- Injury Prevention
- Speed, Agility & Quickness “SAQ” Training
- Core strength, running form and balance
- Throwing mechanics & specific Long Toss Program designed to develop arm strength, accuracy and velocity
- Pitching Instruction, infield and outfield fundamentals
- Hitting Instruction
- Sports Nutrition guidelines and recommendations for better performance.

Schedule

- Design your own Camp Schedule
- We are able to work around your practice and game schedule throughout the spring & summer
- 1 ½ - 2 hours per session
- Cost will be determined per team due to number of sessions as well as athletes in camp

Throwing & Fielding Camps

We begin with learning the dot drill and understanding static & dynamic stretching. We test and record throwing velocity's on Monday and Friday to show progression. Pitchers will throw from stretch and catchers will get mitt to mitt times or “Pop-times”. We go over proper throwing mechanics while incorporating an age specific long toss program. We then work specialty stations which will include position work, infield and outfield play.

Hitting Clinics

Small group sessions focused on quality of swings not just quantity. Groups will be limited to 4 – 8 participants. *Wood Bats Recommended*

RLC Bats www.rlc bats.com

Discount Code: **Campbell**

PEAK Movement Camps

We begin by performing functional movement screens. We will use this information to pin point and correct any movement patterns that may lead to injury or effect performance. We will also be testing 40 & 60 yard times depending on age as well as standing broad jump and shuttle run. Once movement patterns are addressed we will focus on form running, conditioning and speed development.

Swing Through Golf Fitness

This is a 10 week program designed with a concentration on strengthening and stretching those muscles specific to the golf swing as well as movements related to the game of golf.

Run Easier & Stronger Clinics

This running clinic divides runners into both experienced and beginning running groups. Then we start to cover running form, training programs and ways to bring more enjoyment and success to your sport.