

THE PEAK - CAMP
APPLICATION

CAMPER: _____

AGE _____ GENDER _____

SCHOOL _____

PARENT _____

HOME # _____

CELL# _____

EMAIL: _____

CAMP NAME _____

Participant Waiver Form

I give my child permission to participate in the clinic presented by The PEAK at the Orthopaedic Center of Central Virginia (OCCV). I understand that there is possibility for injury while participating in the clinic, and agree to let the employees of The PEAK at OCCV act in their best judgment in case of sickness or injury. I hereby grant The PEAK at OCCV permission to use any photographs or videos of my child for promotional purposes. My signature below indicates that (1) I will not hold The PEAK at OCCV responsible if injury or sickness does occur, (2) my son/daughter is mentally & physically capable of participating in this camp, (3) his/her participation is voluntary and (4) I voluntarily permit his/her participation.

Signature: _____

Date: _____

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



*Sports
Performance
Camps*

MHYBA Baseball

Hitting - Fielding – Throwing

Functional Movement Screens (FMS)

“SAQ” Training - Speed, Agility &
Quickness

2010

STAFF:

Camps are run and directed by fully certified and insured strength and conditioning professionals as well as guest coaches from area High Schools and Colleges. Current High School players will also assist with camp instruction.

Eric Campbell, CSCS.

Certified Strength & Condition Coach

Mike Zealand, CPT, RKC.

Certified Trainer & Russian Kettlebell Instructor

Dates & Locations:

April 5th – 9th

MHYBA Complex www.mhyba.com

You Must Pre-Register for all Camps

Contact: Eric Campbell
eric.campbell@occva.com

Throwing & Fielding 8:30am – 10:00am
Pitcher/Catcher Ages 13 - 15yrs

Hitting Clinic 10:30am – 11:30am
(Max 12 Hitters) Ages 13 - 15yrs

PEAK Movement Clinic 12pm – 1:30pm
Open to all Ages

Throwing & Fielding 2:00pm – 3:30pm
Pitcher/Catcher Ages 11 - 12yrs

Hitting Clinic 4:00pm - 5:00pm
(Max 12 Hitters) Ages 11 - 12yrs

Hitting Clinic 5:00pm - 6:00pm
Tue, Thur. & Fri Ages 13 – 15yrs

Descriptions:

Throwing & Fielding Camp \$50

Day one begins with learning the dot drill and understanding static & dynamic stretching. We will test and record throwing velocity's on both Monday and Friday to show progression. Pitchers will throw from stretch and catchers will get mitt to mitt times. We will go over proper throwing mechanics while taking part in an age specific long toss program. Next we will work specialty stations which will include position work, infield and outfield play. Campers will need to bring a water bottle.

Hitting Clinics \$40

***3-Day \$30**

Create-a-Camp option available

These will be small group sessions focused on quality of swings not just quantity. Groups will be limited to 4 - 12 participants.

Wood Bats Recommended

RLC Bats www.rlc bats.com

Discount Code: **Campbell**

PEAK Movement Camp \$50

Everyone begins with a functional movement screen. www.functionalmovement.com We will use this information to pin point and correct any movement patterns that may lead to injury or affect 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 and conditioning.

Extras:

Written Evaluation

“The PEAK” T-shirt

Memo pad - for daily journal entries

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

The PEAK

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