

Mountain Pointe High School Strength & Conditioning Camp Registration Form 2014

Name of Participant _____

Home Address _____

City _____ Zip _____

Home Phone Number _____ Cell Phone Number _____

Emergency Contact Name _____ Phone Number _____

Sport _____

Grade _____ Age _____ Height _____ Weight _____

Medical/Civil Liability Release Form

I, _____,

Legal Guardian of _____

understand that participants must be in a physical condition suitable for strenuous activity. I certify that the applicant has full medical insurance with the following insurance provider:

Policy # _____

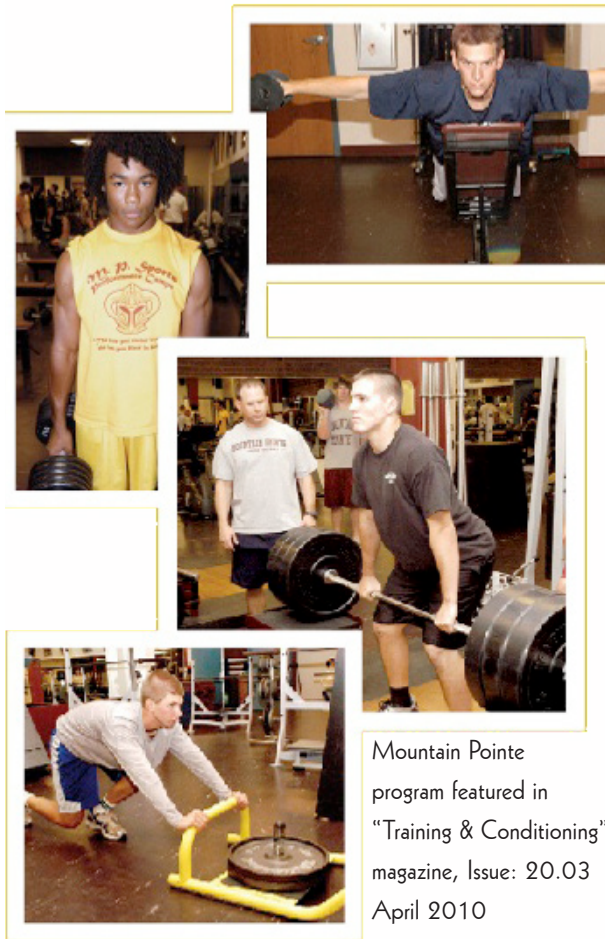
In case of emergency, I authorize the camp staff to obtain medical care for the participant named below:

Student _____

I agree to indemnify hold harmless and defend Mountain Pointe High School, Jeff Decker, their agents, employees and sponsors from any and all liability to injury to myself/child. I have read and understood and agree with this informed consent and release outlined as it relates to myself/child.

Parent Signature _____

Date _____



Mountain Pointe program featured in "Training & Conditioning" magazine, Issue: 20.03 April 2010

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www.strengthandpeace.com

Mountain Pointe High School

Pride Football



Strength AND Conditioning CAMP

May 28th - July 24th
Summer 2014

No Camp July 3-16 due to campus closure

Mountain Pointe
High School

Weight Room

4201 E. Knox Road
Phoenix, AZ 85044



Camp Objectives

The staff of the 2013 Mountain Pointe Strength and Conditioning Camp has provided over 35 years of innovative coaching experience into the direction of many professionals and amateur champions.

The goal of this camp is to provide the same high quality instruction to camp attendees. Combining the diverse experience of the staff with competitive peer group settings, players are afforded direct supervision, individual attention and top quality coaching at a very affordable price. The camp philosophy is to train each and every athlete to realize their physical and mental potential.

Athlete Expectations

1. Consistent attendance
2. Punctuality
3. Provide best effort
4. Receive coaching and respond accordingly
5. Appropriate lifting/running attire
6. Bring water

Questions?

Contact Jeff Decker:
(480) 759-8449
ext. 55164

jdecker@tuhsd.k12.az.us



Camp sponsored by Football Boosters Club

Camp Structure

Monday – Thursday

May 28 – July 2 & July 17 – 24

No camp July 3 – 16 due to campus closure.

Monday & Wednesday

7:00–8:00 am

- JV & Varsity Line – Lift
- JV & Varsity Skill – Run (stadium field)

8:00–9:00 am

- JV & Varsity Line – Run (stadium field)
- JV & Varsity Skill – Lift
- Freshmen – Run (stadium field)

9:00–10:00 am

- Freshmen – Lift



Tuesday & Thursday

7:00–8:00 am: Freshmen – Lift

8:00–9:00 am: JV & Varsity OL/DL – Lift

9:00–10:00 am: JV & Varsity Skill – Lift

Camp Registration

Camp fee:

\$125 per participant

Submit fee along with registration form to:

Mountain Pointe High School

Attn: Jeff Decker

4201 E. Knox Road

Phoenix, AZ 85044

Make checks payable to:

MP Football Boosters Club

Note:

Participants must have a parent/legal guardian signed Medical/Civil Liability Release Form on file (see back page).

Camp Directors

N.S.C.A. Accredited Strength and Conditioning Specialists

Jeff Decker, M.Ed., C.S.C.S.

Jeff is currently the Advanced Physical Education Instructor for varsity athletics at Mountain Pointe High School. He has over 16 years of experience in the strength training and conditioning field, and has worked with athletes of all levels – Professionals to High School and Jr. High athletes. Jeff's experience includes:

- Assistant Strength Coach at Arizona State University
- Head Football Strength Coach, Adjunct Faculty at Phoenix College
- Branch Coordinator/Strength and Conditioning Coordinator for Health South Rehabilitation Clinic
- Director of high school athletic performance for top-ranked varsity 5A programs.

Jeff has co-authored several articles and produced video tapes on related subjects.

Tim McClellan, M.S., C.S.C.S.

Tim is the Director of Performance Enhancement at Makeplays.com. He previously spent 13 years as Head Strength and Conditioning Coach at Arizona State University where he directly coached all 25 varsity teams. Among his coached athletes were:

- 203 NCAA All-Americans, who combined for 511 All-American honors
- Olympic Gold Medalists in 8 different events
- Professionals in 8 various sports

Tim was twice named the USA Head Coach for the World Powerlifting Championships and was a performance consultant for the Boston Bruins training camp. Tim has produced 13 instructional videos and written over 40 magazine articles in his field.