

## WAIVER AND RELEASE

I \_\_\_\_\_ hereby waive and release any and all claims, demands, and causes of action which I may have or anyone may have through me, against CNOS, Siouxland Community Sports Medicine Foundation and/or \_\_\_\_\_ (school), for any injuries that may occur during the following dates of March 3<sup>rd</sup> through April 4<sup>th</sup>, 2008 and as related to the CNOS Power & Performance Programs. I further understand and acknowledge that neither CNOS nor the school shall have any responsibility or liability for lost, damaged, or stolen personal property.

Date: \_\_\_\_\_

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Signature of parent of guardian

*(if participant is a minor)*

Sports Medicine Foundation  
575 Sioux Point Road  
Dakota Dunes, SD 57049



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Dakota Dunes, SD 57049

## Power & Performance Programs

2008  
Spring Program  
Mar 3 -Apr 4

Morningside College  
HPER Center

M, T & Th  
8:00pm—9:00pm

For more  
Information contact:

712.898.7408

or

Zach.Mathers@CNOS.net

## PROGRAM MISSION

Speed, Quickness, Agility, and Power: common terms in athletics, but how do we develop them? Our camp is designed to teach these skills in a program that can be used year around. Most sports are explosive by nature, but many athletes' conditioning programs are not based on explosive drills. They are not training with the specificity needed to improve competitive skills. Our program has been designed to help the student-athlete develop these skills to their fullest potential.

## GOALS OF THE PROGRAM

1. Help athletes reach their full potential.
2. Reduce the number of injuries that athletes incur.
3. Educate athletes and coaches on all aspects of conditioning.
4. Give athletes and coaches conditioning information that they can use to develop year around conditioning programs.

## PROGRAM STAFF

The camp will be run by ATC's (Certified Athletic Trainers) and CSCS' (Certified Strength and Conditioning Specialists) from CNOS, P.C., Sports Medicine Services. They will be assisted by college student athletic trainers & area coaches. The entire staff will go through an educational program directed by the ATC's.

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## PROGRAM HISTORY

This camp started with an idea to help the student-athlete reach their fullest potential with a fully functional, ground-based conditioning program. Since the beginning of this program, we have helped over 5000 athletes to reach that potential. The staff continues to strive for excellence with the help of knowledgeable strength and conditioning coaches. We have made many positive changes each year to make this program the premiere Power and Performance Program in the area.

## PROGRAM FORMAT

This is an five week camp running three times per week from March 3 to April 4, 2008. Each session will run approximately one hour in length. Sessions will be broken down into three 20 minute training periods. Athletes will be grouped by age and development.

## PROGRAM COSTS

The cost of the camp is \$80 per athlete .

## REGISTRATION

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please return this page with \$80 registration fee. Make checks payable to Siouxland Community Sports Medicine Foundation.

For more information:  
Zach.Mathers@CNOS.net  
or  
712.898.7408

