

## Benefits you can expect to achieve with P.A.S.S camp

**Performance Therapies, P.C.** has been offering its **P.A.S.S. Camp** for the last nine years in the Iowa City area and has trained over 800 local high school athletes along with numerous junior, collegiate, and professional athletes.

The program design is based on the science of performance enhancement and its effectiveness is continuously monitored through our pre- and post-camp testing of participants. We have utilized a highly accurate electronic testing system with the last 315 athletes we have trained. This system was used to measure the pre- and post-camp performance of each athlete in the 10- and 40-yard dash, single and double leg vertical jump, single and double leg long jump, and reaction time. The following is a list of the average results achieved by these athletes following completion of one of our 6-8 week camps:

Test	Change
10 yard dash	.10 sec decrease
40 yard dash	.18 sec decrease
2- leg long jump	2 inch increase
R leg long jump	1 inch increase
L leg long jump	1.2 inch increase
2 leg vertical jump	2.5 inch increase
R leg vertical jump	2.25 inch increase
L leg vertical jump	2 inch increase
1 <sup>st</sup> step reaction	.1 sec decrease

## Cost

The Power Agility Strength & Speed camp to be held at Mid-Prairie High School will be offered at a significantly reduced price (over 40% less than the an in-house session) and will coincide with your training in the strength program. The full cost of the camp is \$170 which has been reduced even further for Mid-Prairie athletes as the school has offered to pay up to \$70 per athlete.

Payment can be made by check payable to **Performance Therapies, P.C.** or credit card (call 319-665-2630 for details)

## Refund Policy

Once the camp has started no refunds will be made. Prior to the first day of camp a full refund will be given.



**PERFORMANCE THERAPIES P.C.**

3290 Ridgeway Drive, Suite 3  
Coralville, IA 52241

Phone: 319-665-2630

Fax: 319-665-2631

E-mail: [perfthter@southslope.net](mailto:perfthter@southslope.net)

# P.A.S.S.

Power · Agility · Strength · Speed

# Summer Camp



**PASS UP THE  
COMPETITION WITH  
P.A.S.S. CAMP!!!**

## What is P.A.S.S Camp All About?

**Power, Agility, Strength and Speed** are key physical parameters that allow you to perform at your peak level. In sports, the victor is the one



who can outmaneuver their opponent, get to the ball first, and react quickly and powerfully to the game situation. At the Performance Therapies, P.C.

**Power, Agility, Strength and Speed Summer Camp** you will train to improve all of these components of your performance. Participants will receive fourteen training sessions from 7:30-9:00 AM on Monday and Wednesday mornings at the Mid-Prairie High School track. Areas that will be addressed in the training include: proper warm-up, flexibility, upper/lower extremity and core muscle strength, balance, foot speed and agility, plyometrics, running technique, and speed development. Each participant will be put through various physical performance tests (40-yard dash, vertical jump, etc.) both at the beginning and end of the summer session.



## A Day at Camp

7:25	Arrive at Camp (Mid-Prairie High School track)
7:30 - 7:50	Warm-up & Stretching
7:50 - 8:10	Station 1 Balance/Foot Speed/Agility
8:10 - 8:30	Station 2 Plyometrics
8:30 - 8:50	Station 3 Running Technique & Speed
8:50 - 9:00	Cool-down & Stretching

### Schedule

June 8	Monday 7:30 – 9:00 AM
June 10	Wednesday 7:30 – 9:00 AM
June 15	Monday 7:30 – 9:00 AM
June 17	Wednesday 7:30 – 9:00 AM
June 22	Monday 7:30 – 9:00 AM
June 24	Wednesday 7:30 – 9:00 AM
June 29	Monday 7:30 – 9:00 AM
July 1	Wednesday 7:30 – 9:00 AM
July 6	Monday 7:30 – 9:00 AM
July 8	Wednesday 7:30 – 9:00 AM
July 13	Monday 7:30 – 9:00 AM
July 15	Wednesday 7:30 – 9:00 AM
July 20	Monday 7:30 – 9:00 AM
July 22	Wednesday 7:30 – 9:00 AM

PERFORMANCE THERAPIES P.C.

## Registration Form

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

Parent's Names: \_\_\_\_\_

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

Phone: (\_\_\_\_) \_\_\_\_\_

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

Age\*: \_\_\_\_\_ Grade: \_\_\_\_\_

School: \_\_\_\_\_

Primary Sports: \_\_\_\_\_

Participant's Signature \_\_\_\_\_

Guardian Signature (if under 18) \_\_\_\_\_

\*Participants must be at least 14 years old

Mail completed registration and \$100.00 registration fee made payable to Performance Therapies, P.C. to:

Performance Therapies, P.C.  
3290 Ridgeway Drive, Suite 3  
Coralville, IA 52241

If you have questions or prefer to pay by credit card please call us at: (319) 665-2630

Registration forms may also be completed online at: [www.perfther.com](http://www.perfther.com).

Detach here and mail