

TRAIN TO PLAY

The Sports Performance Camp focuses on preparing the young athletes for the physical demands of sports competition and to improve overall fitness. Emphasis is placed on fundamental movement skills as well as developing overall strength will be instructed.

Ralph Verchetto

- Head Athletic Development and Conditioning Coach for TCA
- BS Exercise Science
- NSCA certified

Louis Verchetto

- Head Athletic Trainer for TCA
- BS Exercise Science
- ATC
- NSCA certified SAQ trainer

Herb Rodriguez

- Head Coach, TCA Track & Field
- Olympian, Barcelona Games, 1992



4 EIGHTH AVENUE HAMILTON, NJ

Sponsored by Advance Training
Strength and Conditioning & TCA Athletics
P: 609-980-9025
E-Mail: coachralf@advancetraining.biz



175 Leonard Avenue
Hamilton, NJ 08610
P: 609-586-3705
www.trentoncatholic.org

IRON MIKES SUMMER SPORTS CAMP

Speed
For
Sport

July 6-9

Ages: 11-14 yrs

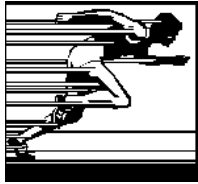
July 13-16

Ages: 8-10 yrs

Trenton Catholic Academy
Hamilton, NJ

Sponsored By *Advance Training*
Strength and Conditioning
and TCA Athletics

SPEED FOR SPORT



Trenton Catholic Academy Athletics and *Advance Training* Strength and Conditioning is excited to offer a summer Sports Performance Camp. The four-day camp focuses on proper running form and technique, acceleration, starting and stopping, and general physical preparedness. **Athleticism is a skill that can be improved.** Learn from a professional staff of coaches and trainers that includes Ralph and Louis Varchetto, owners of Advance Training and official performance coaches of TCA basketball, and former Olympian Herb Rodriguez, head TCA track and field coach.

Why You Should Come...

The need for **physical preparation** with young athletes is a major concern.

- Reduce risk of injury
- Age-appropriate training
- Learn the correct way to move for improved speed
- Proper strength development makes stronger and more confident athletes
- The basis of all athletic movement is proper balance and coordination
- Remember: Make time to “train to play and not play to train”

REGISTRATION

Sign up for:	Time	Fee
<input type="checkbox"/> Session I: July 6-9 Ages: 11-14 yrs	10:30 am- 12:30 pm	\$89
<input type="checkbox"/> Session II: July 13-16 Ages: 8-10 yrs	11:00 am- 1:00 pm	\$89

Subtotal _____

Total: _____

Participant Name _____

Address _____

Emergency contact phone # / Email _____

Method of Payment:

- Make check payable to **Trenton Catholic Academy** and mail to address below by June 30. **A \$25 deposit is required. Balance will be paid on day of camp. All payments are non-refundable.**

Send to
Trenton Catholic Academy
175 Leonard Ave
Hamilton NJ 08610
Attn: Ralph Varchetto

Contact Ralph for more details:
609-980-9025
E-mail: coachralf@advancetraining.biz