



COMPETITIVE EDGE

SPORTS PERFORMANCE CAMP

@ Roosevelt High

4250 E Tulare Ave, Fresno, CA 93702



October 19-20, 2019 Cost \$95 per athlete



PERFORMANCE

- Speed, agility, and movement
- Endurance conditioning
- Strength and power
- Injury-prevention
- Flexibility, balance, and core

POSITIONS SPECIFIC:

Increase your production on the court through position-specific drills including:

- Ball penetration
- Ball-handling
- Footwork
- Finishing skills
- Creating your shot
- 1-on-1 attacking



Nutrition:

- Optimal everyday nutrition
- Athlete eating plans
- Nutrient intake and timing
- Hydration strategies
- Dietary supplements

Mental Focus:

- Build mental discipline
- Player confidence
- Superior focus
- Game preparation
- Competitive attitude



DAILY SCHEDULE

Time	GROUP 1	GROUP 2
9:00 - 10:45am	SPEED, AGILITY, EXPLOSIVENESS	ON COURT SKILLS SESSION
11AM - 12:30pm	ON COURT SKILLS SESSION	SPEED, AGILITY, EXPLOSIVENESS
12:30pm - 1pm	RECOVERY/LUNCH	RECOVERY/LUNCH
1:15PM - 3pm	STRENGTH & NUTRITION	ON COURT SKILLS SESSION
3:15pm-4:45pm	ON COURT SKILLS SESSION	STRENGTH & NUTRITION



Jillian Schmidt
PERFORMANCE TRAINER
3x NCAA All American
Track and Field
NBA Prospect Trainer
(Speed & Vertical)



Dominick Young
Elite Skills Trainer
LEAD NCAA 3Pt Shooting
2nd all time WAC Steals
Played
Overseas(Argentina)
Played in ABA



TO REGISTER: CONTACTS US @ 925.464.6838 OR PHW2@2KRSPORTS.COM

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SPORTS PERFORMANCE CAMP

TRAIN MORE! GET BETTER!! FACTS!!!

CIRCLE YOUR EVENT:

SESSION I October 19-20 (Fresno)

SESSION II October 26-27 (BAY AREA)

SESSION III November 9--10 (SO.CAL)

SESSION IV November 16-17 (Phoenix)

CAMP IS OPEN TO BOYS AND GIRLS 11-18 Cost \$125

Athlete Name: _____ High School _____ Grade _____

Address _____ City _____ State _____ Zip Code _____

Phone () _____ E-Mail _____ GPA _____ SAT/ACT Score _____

TSHIRT SIZE (CIRCLE ONE):

SMALL MEDIUM LARGE X-LARGE XX-LARGE

I understand that any participant who does not abide by the rules, regulations and policies established by the is subject to dismissal without reimbursement or recourse and I hereby waive and release 2KR Sports(2KR) Sponsors, and gym facility from any and all liability for any injury or illness while participating in the event. I hereby authorize the directors of event to act according to their best judgment in any emergency if I cannot be contacted. I understand that each event participant is required to have their own medical and accident insurance. I also understand that the 2KR SPORTS retain the rights to use for publicity and advertisement purposes, photographs of camp participants. I also understand their will be no refunds at all and if paying via credit card I agree not to dispute charges for this event.

Signature of Parent or Guardian

Parent or Guardian Print

Date





CREDIT CARD AUTHORIZATION FORM

One Time Credit Card Payment Authorization Form

Sign and complete this form to authorize 2KR SPORT to make a onetime debit to your credit card listed below.

By signing this form you give us permission to debit your account for the amount indicated. This is permission for a single transaction only, and does not provide authorization for any additional unrelated debits or credits to your account.

Please complete the information below:

I _____ authorize 2KR SPORTS to charge my credit card
(full name)

account indicated below for \$_____ . This payment is for NEXT2RIZE SHOWCASE & COMBINE
(amount) (Description of goods/services)

YOUR

Billing Address _____ Phone# _____

City, State, Zip _____ Email _____

Account Type: [] Visa [] MasterCard [] AMEX [] Discover

Cardholder Name _____

Account Number _____

Expiration Date _____ CVC _____

SIGNATURE _____ DATE _____

I authorize the above named business to charge the credit card indicated in this authorization form according to the terms outlined above. This payment authorization is for the goods/services described above, for the amount indicated above only, and is valid for one time use only. I certify that I am an authorized user of this credit card and that I will not dispute the payment with my credit card company; so long as the transaction corresponds to the terms indicated in this form.