

2010 Olympic Speed & Power Strength Training School Registration

Athlete's Name _____

Athlete's Age _____

Birthday _____

I hereby request permission for the above-named camper to participate in the 2010 Olympic Speed & Power Strength Training School. I represent and warrant to you that the camper is physically and mentally able to participate in the Olympic Speed & Power Strength Training School and submit herewith a subscribed medical certificate. I hereby authorize the staff of the Olympic Speed & Power Strength Training School to act for me according to their best judgement in any emergency requiring medical attention and I hereby waive and release the Training School from any and/or all liability for any injuries or illnesses incurred while at the training school or in transportation to a medical facility, except for injury directly resulting from gross negligence or willful misconduct. I have no knowledge of any physical impairment that would be affected by the above-named camper's participation in the Training School program, as outlined in the brochure.

The student is covered by our medical insurance plan through the following company:

Company Name _____

Policy # _____

Parent Name _____

Parent Address _____

Home # _____

Work # _____

E-mail _____

Special Health Considerations (including existing medications & allergies)

Date of last tetanus shot _____

Athlete Signature _____

Parent Signature _____

What Olympic Speed & Power Strength Training teaches you:

- perfect lifting technique and back management principles for all total body lifts
- squatting fundamental for both the double and single leg training
- snatch--clean and jerk including the skill transfer exercises which improve progress
- how to use light-weight equipment
- abdominal strengthening principles
- plyometric fundamentals and quick response skills
- improved balance for change of direction and acceleration

You will see improvement in your:

- vertical jump -
- balance -
- ability to accelerate after landing -
- hip flexibility -
- torso and abdominal strength -
- athleticism -
- improved sport performance -



If you know someone interested in this camp, feel free to make copies of this brochure to hand out to others, or find it available at www.mnusports.com under 'strength & conditioning'.



12th Annual Strength & Conditioning Camp

WITH
COACH WHITNEY RODDEN
&
COACH TYLER RODDEN



Olympic Speed & Power Strength Training

provides the competitive athlete with:
explosive strength
balance
coordination
agility
confidence

When training with Olympic-style lifting, we are training the athlete to extend the ankle, knee & hip, which is constantly happening in sports. Whether you are running or jumping, the athlete is constantly doing what the Olympic lifts do.

"COACH WHITNEY RODDEN TRAINS THE SAME EXPLOSIVE MOVEMENTS THAT WE DO FOR OUR BASKETBALL TEAM." JONAS SAHRATIAN, STRENGTH COACH FOR U. OF NORTH CAROLINA MEN'S BASKETBALL TEAM

Coaching Staff

**COACH WHITNEY RODDEN, MS,
C.S.C.S.,
ATC, USAW, S.C.C.C.**

Coach Rodden just completed her 5th year as head strength coach at MidAmerica Nazarene University. From 2002-2005 she was at the University of Kansas. While there, she helped the Women's Soccer Team gain a Big 12 Title and seven other varsity teams reach their goals. She has a masters in Education Administration and Leadership from Kansas State University.

COACH TYLER RODDEN, USAW

Coach Rodden just graduated from MNU where he was a 4-year stand-out offensive lineman for the Pioneer football team. He received 1st team All-Conference his Sophomore, Junior, & Senior years, Academic All-American, & Strength & Conditioning All-American. He has also competed at the Collegiate Nationals weightlifting meet in 2008, 2009, and 2010.

Schedule

When:

June 1 - July 15 (7 weeks)
Tuesday, Wednesday, Thursday
One hour sessions each day

Sessions:

1. 8:45-9:45 am 3. 11:15-12:15 am
2. 10:00-11:00 am 4. 1:00-2:00 pm

Who:

Any male or female athlete who wishes to improve their performance. Ages 11 and up.

Where:

MidAmerica Nazarene University
Cook Center Weight Room
2030 East College Way
Olathe, KS 66062
913971.3745

Cost:

\$130 for 21 sessions
Includes a T-Shirt
15% off for additional siblings
SORRY, NO REFUNDS

Attire:

Athletic clothes & shoes preferred.



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Name _____

Address _____

City _____ St _____ Zip _____

School _____

Check Session

_____ Christ Prep Football Players Only (7:30 am)

_____ Session 1 8:45 am

_____ Session 2 10:00 am

_____ Session 3 11:15 am

_____ Session 4 1:00 pm

Each session is limited to 25 athletes.

of previous summers in this training _____

Send your check & registration NOW to
reserve your session!

Make payable to:

Whitney Rodden

2030 East College Way
Olathe, KS 66062

For questions, call Whitney Rodden
913971.3745