

Registration Form

- Wednesday 4/15/09 12pm-2:30pm (\$25.00)
- Friday 4/17/09 12pm-230pm (\$25.00)
- Both Session SAVE \$10 (\$40.00)

Name: _____

Address: _____

Phone: _____

School: _____

Grade: _____ Age: _____

Emergency Contact Information:
Name of Parent/Guardian: _____

Phone: _____

Informed Consent

I give _____ permission to participate in the Secrets of Developing Athleticism Clinic at Ullucci Sports Medicine. I hereby release Ullucci Sports Medicine and the Strength & Conditioning School from all liability for any injury and illness incurred while at the camp and agree that my son/daughter is in good health and able to participate in camp.

Signature of parent or guardian : _____

Date: _____

Return or Mail to:
Ullucci Sports Medicine & Physical Therapy
1235 Wampanoag Trail
East Providence, RI 02915-1231
(401) 433-1500



Clinic Director Jason Price



Jason holds a Master's Degree in Strength & conditioning and has several certifications in the field. He specializes in Sports Performance Training and Injury Prevention & Rehabilitation. He is a frequent speaker on these topics both locally and through out the northeast. Jason has worked with all levels of athletes from a wide variety of sports. Currently Jason is the Director of Strength & Conditioning at Ullucci Sports Medicine & Physical Therapy in East Providence and the Founder and CEO of www.athletesequation.com.

- Certified Strength & Conditioning Specialist
- National Strength & Conditioning Association



- Certified Athletic Trainer
- National Athletic Trainers Association



- Certified Personal Trainer
- National Council on strength & Fitness

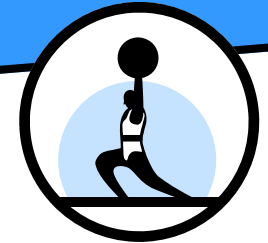


- Club Coach
- United States Weightlifting Federation



UNLEASH YOUR FULL ATHLETIC POTENTIAL

Secrets of Developing Athleticism



Wed 4/15/09 12-230pm

Fri 4/17/09 12-330pm

At Ullucci Sports Medicine

1235 Wampanoag Trail

E. Providence

(401) 433-1500

LIMITED SPOTS AVAILABLE

You are born Athletic, You must be forged into an Athlete

All Sports require aspects of speed, agility, strength, coordination, and power.

Athletes must learn to harness these aspects of athleticism to be come efficient and effective in their chosen sports.

Learning the basics exercises of sports performance training will help take athleticism and become a more dominant athlete.

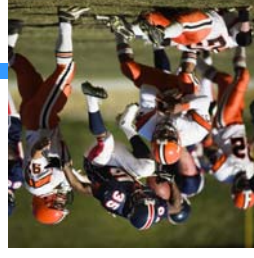
Sports Performance training will:

- Increase strength & Power
- Increase speed & acceleration
- Improve coordination
- Improve self esteem
- Reduce the risk of injury

What is the secret of developing athleticism?

- Developing Mobility and Flexibility
- Training the athlete's power center—the hip
- Training the foundation—the torso or “core”
- Focusing on multi joint/multi muscle exercises
- Train to your level of experience—Training how a Pro trains is NOT how a High School Athlete should train.

PLAYING MORE OF YOUR SPORT WILL NOT MAKE YOU MORE ATHLETIC
ATHLETES MUST TRAIN



Wednesday 4/15/09:
 Flexibility / Speed /Agility

What will be Covered during each session

Friday 4/17/09: Strength & Power

- **Plyometric Training**—Learn the basic form of explosive training and how it will increase explosiveness.
- **Basic Barbell Training**—Strength Training requires performing highly technical barbell exercises in order to build strength. Gain valuable knowledge in the technique of the basic exercises for sports performance.
- **Olympic Weightlifting**—The Clean & Jerk, Snatch and the variations of the both are utilized to build explosive power in athletes. These lifts require the Coaching of a USA Weightlifting Qualified Coach.
- **Sports Psychology Guest Speaker**—Dr. John Sullivan a sports psychologist who specializes in helping people achieve excellence in competitive high stress environments. He works with individuals and organizations that understand that performance goes beyond x's and o's but relates to controllable and predictable human factors both individually and with teams.

Guest Speaker

Dr. John P. Sullivan is a Clinical Sport Psychologist who specializes in helping people achieve excellence in competitive high stress environments. Dr. Sullivan has worked with an assortment of sports nationally and internationally as well as with occupational athletes in the fields of medicine, business, higher education, and the arts. Along with this on-going venture Dr. Sullivan serves as the Coordinator of Sport Psychology services at the University of Rhode Island. He has provided services in the areas of sport and other venues since 1993.

“I would not be as successful as I am today without the constant support, both physically & Mentally that Ullicci's has given me. Training here builds on your confidence, performance, and health. Ullicci's is the perfect cross-training choice for me because it strengthens my performance in Karate and National & International Fencing. It made a major difference in the successful recovery from my knee surgery.”
 -Neal R. 15 y.o. Barrington H.S.