

# Catawba College Men's Basketball

## 2018 Elite Basketball Strength and Conditioning Camp

### S&C Camp Features:

- Body and Movement Assessment
- Nutrition Coaching
- Proper Education on Technique
- Drills to enhance lateral quickness
- Techniques and training to improve vertical leaping and explosiveness
- Prehab and Preventative Exercises to maintain body
- Will be provided college nutrition guide and basketball strength and condition packet
- Q&A Session for Parents & Student-Athletes
- Will be run by Certified Strength Coach and College Basketball Coaches



**Catawba Men's Basketball**  
2300 W. Innes Street  
Goodman Gym  
Salisbury, NC 28144  
**Office Phone:** (704) 637-4473  
**Fax:** (704) 645-4568  
**Email:**  
[rjperron14@catawba.edu](mailto:rjperron14@catawba.edu)  
[Spasher16@catawba.edu](mailto:Spasher16@catawba.edu)  
[Dmwall18@catawba.edu](mailto:Dmwall18@catawba.edu)  
[Ajmoe17@catawba.edu](mailto:Ajmoe17@catawba.edu)



### CAMP DATE

**August 4, 2018**

**Times:** Registration 8-9AM

Camp 9AM-12PM

*Open to rising 9-12<sup>th</sup> grade boys.*

### Individual Camp Pricing:

**\$60 S&C Camp only**

**\$50 if attending Elite Camp**

*Come learn what it takes to go thru a college strength and conditioning program. Make the most of your day – attend our Elite Camp on Saturday or Sunday*

Camper's Name: \_\_\_\_\_

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

City, State, Zip Code: \_\_\_\_\_

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

Telephone: \_\_\_\_\_ Parent's Email: \_\_\_\_\_

Grade (Fall 2018): \_\_\_\_\_ Age: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_



Please mail, fax, or email the completed form to the address, fax number, and/or email addresses listed.

Please make all checks payable to:  
**Rob Perron Basketball Academy**