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## *A Note for Parents and Athletes:*

Dear Parents and Athletes,

Want your child to learn the best techniques in all the following areas?

- Injury prevention (Fall athletic season has the highest injury rate!)
- Speed
- Education
- Strength
- Power
- Balance
- Agility
- Mental Preparedness

The SS&P Camp is a serious, professionally run camp that is outcome based through functional progressive training. Pre- and post-testing will be done to demonstrate the effectiveness of this program.

We Strongly Suggest that participants be motivated and come "IN SHAPE" to camp. The 90 minutes will go at a blistering pace!

Sign up for the 7:30 or 9:00am sessions and should your schedule change, you may come to any session in any location!!

*Please contact me for adjusted camp fees based on need, multiple family members or partial attendance.*

So many area youth have found the benefits of actually training! Training athleticism in its' many forms! We are very proud to offer this great teaching camp now in its 19th year!!!

Ron Annis, ATC, CSCS  
Ron@topform.us Office 477-2700 Cell: 423-0373

Be sure to check us out online at  
[www.topform.us](http://www.topform.us)

81 Miller Road  
Castleton, NY 12033  
[www.Topform.us](http://www.Topform.us)

**TOP FORM, INC.**

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## The One and Only!



*Ron Annis presents...*

## *The 2012 Speed, Strength & Power Summer Camps*



*July 9- Aug 2 @ Maple Hill HS*

*July 16-August 9 @ Averill Park HS*

*July 16-August 9 @ Chatham HS*

*July 16- Aug 9 @ Ichabod Crane HS*

*Now 8 sessions available in 4 locations!*

*Call for info 477-2700*

## This Year's Staff

The **SS&P Camp** is run by both Certified Athletic Trainers as well as Certified Strength and Conditioning Specialists.

► **Ron Annis, ATC, CSCS, Level One Olympic Development Coach**

Mr. Annis is the Owner/President of Top Form, Inc. A company created to service youth fitness! As an Athletic Trainer and Strength and Conditioning Specialist he has worked with High School, Division I, and International athletes, and would like to bring his experiences and knowledge to local athletes.

► **Amanda Cary, Josh Rivers, Adam Rozniewski, Katie Simon, Sara Cipperly, Rebecca Smith, Meaghan Smith**



POWER

## Format

**Locations:** Maple Hill HS, Averill Park HS, Ichabod Crane, Chatham

**Dates:** July 9- Aug 2 @ Maple Hill HS

July 16-August 9 @ Averill Park HS

July 16-August 9 @ Chatham HS

July 16 Aug 9 @ Ichabod Crane HS

### Daily Schedule:

#### -Mondays & Wednesdays:

Strength and power conditioning in the Maple Hill/Averill Park/Ichabod/Chatham Crane weight room and track-**Tuesdays & Thursdays:** Speed days on the Maple Hill/Averill Park/Ichabod Crane, Chatham track

**Times:** 7:30-9:00am, or 9:00-10:30am

(All sessions available at any location)

**Ages:** 11 years and up 35% off second child, third free!

**Cost:** \$175, 4 weeks  
\$160, any 3 weeks  
\$150, any 2 weeks

**Add \$25/week if want to train 5 weeks using all sites!**



## Registration Form

I wish to enroll in **Top Form Inc.'s** Speed, Strength, and

Power Camp, held Monday through Thursday at **Maple**

**Hill HS, Averill Park HS, Chatham HS or Ichabod Crane.** Enclosed is a check for

\$\_\_\_\_\_ for \_\_\_\_\_ weeks. Email \_\_\_\_\_

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

Age: \_\_\_\_\_ Sports: \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Relation: \_\_\_\_\_

Phones: \_\_\_\_\_

### Circle Place/Time:

**Maple Hill HS:** 7:30 am 9:00am

**Averill Park HS:** 7:30am 9:00am

**Chatham HS:** 7:30am 9:00am

**Ichabod Crane:** 7:30am 9:00am

We/I the parent(s) of \_\_\_\_\_

certify that he/she has had a physical within the past year.

We/I also understand that with any intense camp/exercise

regime, injury is a possibility.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

[Send Check and Registration Form to: \(Payable/Attention\)](#)

Top Form Inc.

81 Miller Road Castleton, NY 12033