

I, hereby for myself, my heirs, executors and administrators waive and release any and all claims or actions for damages that I may have against Le Mars Physical Therapy, its officers, trustees, directors, employees and agents arising out of activities at Le Mars Physical Therapy, even though liability or carelessness on the part of the person mentioned above. I understand that physical injury could result from my participation in physical activities, and knowing this risk, I hereby agree to assume those risks and to release and hold harmless all of the persons mentioned who might otherwise be liable to me or any member of my family for damages.



**Please sign and date:**

\_\_\_\_\_  
**Athlete**

\_\_\_\_\_  
**Date:**

\_\_\_\_\_  
**Parent:**

\_\_\_\_\_  
**Date:**

## **Xcelerate Your Game**

Power & Performance Camp

Monica Aalbers, PT, ATC

Sandra Norby, PT

April Leusink, PTA

Or email us at:

[april.leusink@lemarspt.com](mailto:april.leusink@lemarspt.com)

The logo for 'Xcelerate your game' features the word 'Xcelerate' in a large, blue, stylized font with a swoosh underneath. Below it, the words 'your game' are written in a smaller, black, sans-serif font, with 'your' and 'game' separated by a small gap.

**POWER**

**&**

**PERFORMANCE**

**CAMP**

Presented by...



789 Holton Drive

Le Mars, IA 51031

Phone: 712-546-1718

Fax: 712-546-1770

Website: [www.lemarspt.com](http://www.lemarspt.com)

## Le Mars Physical Therapy presents...



**What:** 8 weeks of athletic enhancement

**When:** Monday, Wednesday, Friday  
January 19 — March 13, 2008

**Time:** 3:30-5:00 PM

**Where:** Le Mars Physical Therapy  
(North of Culligan)

**Cost:** \$150 per athlete

**Who:** male and female athletes

**Age:** 12-25

Please register by  
January 16, 2008

### Program objectives

Improve athletic performance through specific techniques that address the following domains of athletic performance:

- Speed
- Agility
- Power
- Flexibility
- Acceleration
- Coordination

### Program Details

The program will be held 3x/week for 8 Weeks. Each class will last approximately 1.5 Hours. Each athlete will undergo pre and post program testing assessment in the following domains: vertical leap, standing long jump and timed agility courses. The program will focus not only on improving athlete's speed and agility but also strength and power in order to improve over-all performance. In addition, the athletes will be educated on proper stretching, warm-up/cool down, and exercise technique in order to further optimize performance. All athletes will benefit from 1 on1 individual feedback from program instructor while receiving peer support from a group environment.



## Registration Form

Shirt size:

- Adult S                       Adult M  
 Adult L                       Adult XL

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Athlete's Name

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Parent's Name

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Address

---

City

---

Phone

---

Age                      Grade

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School

Le Mars Physical Therapy  
789 Holton Drive  
Le Mars, IA 51031

Please make checks payable to  
Le Mars Physical Therapy