

# Young Athlete Development Program Spring 2012

**Speed - Athleticism - Strength - Agility - Character**

**Mondays & Wednesdays from 6pm-7pm @ Boylan H.S.**  
(Meet in Cafeteria)

**5 Weeks: March: 5<sup>th</sup> – April 4<sup>th</sup>**  
(March 5, 7, 12, 14, 19, 21, 26, 28. April: 2, 4)

**Open to all athletes from any school!**

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**2 Groups(Circle "A" or "B")**  
**"A" → 5<sup>th</sup>, 6<sup>th</sup> Grade Boys & 5<sup>th</sup>- 8<sup>th</sup> Grade Girls.**  
**"B" → 7<sup>th</sup> & 8<sup>th</sup> Grade Boys.**

Name \_\_\_\_\_ Phone (    ) \_\_\_\_\_

Grade (Spring 2012) 5 6 7 8 School Currently Attending: \_\_\_\_\_

Shirt Size (Adult): S M L XL XXL Email \_\_\_\_\_

## **Parental Release and Consent Form**

I hereby request that you accept the application of \_\_\_\_\_  
in the Young Athlete Development Program during the dates set forth in this application, and in consideration of  
your acceptance of the application, I (whether once or more) hereby release Josh Fagan, and all its employees  
from all claims on account of any injuries which may be sustained by my minor son/daughter as a result of any  
such injuries. If medical attention is required for injury or illness while in camp, I give my permission for such  
medical care.

Signed \_\_\_\_\_ Date \_\_\_\_\_

The fee for the camp is **only \$100**. Please make checks to:  
**Improving Athletes**  
Mail to: **Improving Athletes, 1211 Gordon Ave.**  
**Rockford, IL 61108**

## Camp Director

The camp director is Josh Fagan. Josh possesses over 15 years of strength and conditioning experience. He has worked with all levels of development and has helped kids from grade school to the college improve their athleticism.

### Josh Fagan MS, CSCS



- Certified Strength and Conditioning Specialist
- Physical Education Teacher
- Master's Degree in Kinesiology
- Varsity Football Defensive Coordinator
- Former Division 1-AA Football Player

## Counselors & Speakers

**John Paul Toldo** – JP will be joining us this spring to share his wealth of knowledge and passion with our campers. 2005 Football Team Captain, All NIC-9 LB, Assistant Frosh FB Coach in 2009, Video Editor 2010-present, ISU Counseling/Public Health Major.

Current and former High School and College Athletes will be presenting their unique path in athletics to campers. This gives campers an opportunity to see how others took their quest to become a better student-athlete and a person of high character. The hope is that campers will model the experiences shared and hopefully apply it to their own life.

## Training Sessions

Each session will focus on developing the whole athlete. We believe that good athletes make good players in any sport. Developing speed, change of direction skills, jumping ability, strength, coordination and bodyweight-athleticism are paramount in having success and thus, are the driving factors in our training.

We emphasize the mantras of, “bodyweight before dumbbells” and “technique before weight”.

We tirelessly teach the proper form and technique in every lift we do.

We have a lot of fun during this camp by working hard and getting better. This is not babysitting. We are all here to become better athletes and people of high character. We want to become better than those genetically more gifted than us. We accomplish this by simply outworking those we play against.

Question??? – Call Coach Fagan @ 815-978-8292