

PEAK PERFORMANCE STRENGTH & CONDITIONING

JOIN THE PEAK TEAM FOR A SUMMER INTENSIVE CLINIC HELPING TO BUILD A STRONGER, MORE DURABLE ATHLETE. PARTICIPANTS WILL WORK ON ALL ASPECTS OF FITNESS THAT WILL ENHANCE THEIR ATHLETIC PERFORMANCE. PARTICIPATION WILL INCLUDE...

- **FUNCTIONAL MOVEMENT ASSESSMENT**
- **INJURY REDUCTION**
- **IMPROVED SPEED / AGILITY / QUICKNESS**
- **TEAM BUILDING GAMES / CHALLENGES**
- **DIETARY EDUCATION**

	SESSION I	SESSION II
DATE	JUNE 16 – JUNE 26	JULY 28 – AUGUST 7
TIME	11:00AM – 12:15PM	11:00AM – 12:15AM

CLINIC IS MONDAY THROUGH THURSDAY AND WILL BE HELD AT BROOKHAVEN PARK. COST IS 100.00 PER ATHLETE FOR EACH SESSION. IF YOU HAVE ANY QUESTIONS PLEASE CALL OR EMAIL JACK OR DAYLON. SPACE IS LIMITED, SO SIGN UP NOW!!

N O R M A N • O K L A H O M A

Director of PPSC is Jack Carter MS, CSCS, NSCA-CPT USAW SPC

Email: Jnfcart1221@cox.net OR DAYLON: daylonbarnes@gmail.com

**Please make checks payable to: CPT Inc. of Norman.
3300 Outpost Cir.
Norman OK 73072**

For more information please call 317-5362 OR 926-0563

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REGISTRATION FORM FOR SPEED & AGILITY CAMP

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Emergency Contact and Phone #: _____

Mail Check or Cash to:

**CPT inc. of Norman
3300 Outpost Circle
Norman OK 73072**

Cost:

Register by June 10th: \$100.00

Same Day Registration: \$125.00

- **Space is limited to 25 athletes per session**
- **Please come dressed to participate: athletic shoes, water bottle, & a good attitude**
- **Contact number to register over the phone: 405-926-0563 (Daylon) or 405-317-5362 (Jack).**
- **No refunds after June 3rd.**

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