

Open to Males and Females
Junior Camp Ages 9-12 and Open Camp Grades 7 - College

ATH★ELITE

STRENGTH & CONDITIONING ACADEMY SUMMER CAMPS



At **James Madison University**

June 12 – July 23 (20 sessions) 8:30-10:15am

“VIRGINIA’S BEST STRENGTH AND
CONDITIONING DAY CAMP FOR MALE AND
FEMALE ATHLETES.”

Visit our Web site - <http://orgs.jmu.edu/strength>
Or phone 568-3938 or 568-7903

THE ATHELITE PROGRAM
WILL HELP YOU DEVELOP:
STRENGTH
POWER
SPEED
AGILITY
FOOTWORK
WORK CAPACITY
MOBILITY
FLEXIBILITY
NUTRITION KNOWLEDGE
TOTAL ATHLETICISM
AND TOUGHNESS

Academy Information

Camp Coaches:

Greg Werner, MS, MSCC, CP, CSCS, SCCC, is the Camp Director and James Madison University's Head Strength & Conditioning Coach. He has earned his BS in Human Performance and his MS in Exercise Science. Coach Werner has been training athletes for the past 26 years, including several NFL, Major League Baseball, Pro Soccer and Pro Basketball players. He has also trained several Olympians at the U.S. Olympic Training Center. Coach Werner received the National Strength and Conditioning Association Elite Coach Practitioner Distinction in 2005, and the Collegiate Strength & Conditioning Coaches Association Master Strength & Conditioning Coach honor in 2006.



Nicholas Gounaris, CSCS, SCCC Coach Gounaris has been an Assistant Strength & Conditioning Coach at JMU for the past year. He played 4 years of college football and was a nationally ranked collegiate boxer at Lock Haven University where he earned his BS. Coach Gounaris works directly with Baseball, Men's Soccer, Volleyball, and Men's Tennis at JMU.

Quintrel Lenore, CSCS, SCCC Coach Lenore earned his BS in Exercise Science from James Madison University, where he played football for the Dukes. He's been an Assistant Strength & Conditioning Coach at JMU for the past year. Coach Lenore works directly with Softball, W.Tennis, Track & Field and Cross Country at JMU.

Camp Facilities: The Camp will utilize JMU's state of the art Bridgeforth Stadium weightroom and field, as well as Memorial Hall's Sports Performance Field House.

Session Length: The athletes will train at the Academy for 1.5 hours each session. Mondays, Tuesdays, Wednesdays and Thursdays beginning at 8:30am.

Insurance: The health and safety of the students will be our first and foremost concern. All students of the Camp must complete the enclosed application and insurance form.

Camp Cost: The Camp cost is \$325 for the entire 20 sessions, \$275 for 11-16 sessions, and \$175 for 10 or fewer sessions. Make checks payable to **Greg Werner**. (\$25.00 fee for returned checks.)



AthElite Strength & Conditioning Academy Enrollment Form

Last Name _____ First _____

Address _____

City _____ State _____ Zip _____

Home # _____ Cell# _____ S.S.# _____

Birthdate _____ Age _____ Grade _____ E-mail _____

School _____

Sport(s) football basketball baseball soccer softball wrestling track/field _____

In Case of Emergency Contact _____

Parents' Name(s) _____ Phone # _____

Every Student Must Be Covered By Medical Insurance. Please Complete Below:

Insurance Company _____ Policy # _____

Plan # _____ Group # _____

Please indicate and/or describe any physical conditions or ailments, i.e. allergies, respiratory, orthopedic, etc. Write "None", if applicable. Also indicate if athlete is taking any medications of which the coach should be aware.

At The 2013 AthElite Academy the athletes will be expected to train hard. When the human body is challenged at a high intensity level injuries can occur. All Camp rules will be presented on day 1 and must be adhered to by all students. Violation of Camp rules will result in dismissal with no given refund.

Consent: I give my consent and approval for the participation of the child named above in the 2013 AthElite Academy. I will Not hold the coach or anyone associated with the Camp responsible in case of injury or accident as a result of participation. As a parent or legal guardian of the above named minor, I grant permission for emergency first aid to be given (unless otherwise noted on this form) to my child in case of injury, including transportation and treatment at the local Hospital or other qualified medical facility.

Parent Signature _____ Date _____

Academy Cost: **\$325.00 Entire Summer Discount**

Missing 1+ Week: **\$275.00 (11-16 sessions)**

Half Camp: **\$175.00 (10 sessions)**

Make check payable to: **Greg Werner**

Mail Check to: **Greg Werner**

**MSC 2301, Box 32 Godwin Hall
Harrisonburg, VA 22807**