

Qualified Instructors:

Gary Bredehoft, CSCS, CPT ACE

- Certified Strength & Conditioning Specialist
- USA Triathlon Certified Expert Level Coach
- ACE Certified Personal Trainer
- RRCA Certified Running Coach
- ASEP Certified Coach

Scott Baier, CSCS

- Certified Strength & Conditioning Specialist
- Sport Safety Training Certified
- Athletic Trainer

Kara Bergeron, CSCS

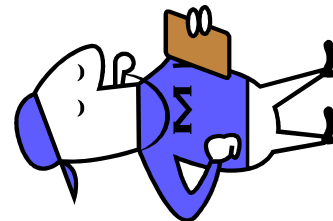
- Certified Strength & Conditioning Specialist
- NESTA Certified Personal Trainer
- Intern for Combine and Arena Football Training

All Trainers CPR/First Aid Certified

Our Personal Coaching/Training Philosophy is to share knowledge of the fundamentals of the Activity/Sport with the client or athlete, through safe, enjoyable coaching/training techniques and methods. To assist the individual or athlete in setting, maintaining, monitoring, and achieving his or her goals, while developing self-confidence, discipline, and a feeling of self-worth. Above all, develop a lifestyle that will promote a lifetime of fitness and physical activity.



Tiger Coaching & Personal Training
2110 Winthrop Rd Suite 100B
Lincoln, NE 68502



**Tiger Coaching &
Personal Training**

Sports Jump Camp



*Become a better athlete, prevent injuries through Jump Camp conditioning
Faster! Stronger! More Confident!*

*Nothing is ever achieved that stays in a dream.....
TAKE ACTION!*

Tel. 402-488-8280
coach@tigercoaching.com
www.tigercoaching.com

Tiger Coaching & Personal Training

Program Fee:

One-on-One Fees: — 12 sessions \$345
Two Athletes: — 12 sessions \$225
Four Athletes: — 12 sessions \$185
Five-Nine athletes — 12 sessions \$100
Teams: 10 + — 12 sessions \$75
T-shirts available for Team prices - \$5.00 each

Make Payment to — Tiger Coaching

Registration Age:

5th Grade to 12th Grade

What to bring:

Bring proper footwear, clothes to workout in, & water bottle

Sessions:

Scheduled on a group or team basis.
All workouts approx. 60-90 min. depending on group size, will be followed by stretching

Team Conditioning:

Teams can schedule Camps to meet twice a week at their school location

Program Location for more than four athletes:

Bison Youth Sports Complex
710 Hill St.
Lincoln, NE



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Fax: 402-488-2915

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TIGER COACHING & PERSONAL TRAINING JUMP CAMP REGISTRATION FORM

Individual registration form required for each participant
(Include registration fee payable to Tiger Coaching)

Participant Name _____

Parent Name _____

Address _____

City _____ State _____

Zip _____ E-mail _____

Phone H. _____ W. _____

Male Female Date of Birth : _____

School Grade _____

Sport _____

Age _____ Weakness _____

T-Shirt size (if purchased) (circle): S M L XL

Program Fee \$ _____ (enclosed)

WAIVER

I know that participating in a conditioning program is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained to partake the workouts of this event. I agree to abide by any decision of an Instructor relative to my ability to safely complete the class, as well as abide by any recommendation to withdraw from the class, compete at a slower pace due to weather conditions. I understand that the weather conditions are often hot and humid and there is a danger of heat related injury or even death. I assume all risks associated with competing in this program, including but not limited to: falls, contact with other participants, the effects of the weather, including heat, humidity, traffic, and the training conditions. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Tiger Coaching & its employees, and all Sponsors, their representatives, assigns, and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____

DATE _____

(If under 18, parent or guardian signature)



What is JUMP CAMP?

JUMP CAMP was started when flaws in many athlete's jumping techniques occurred. Improper jumping technique has accounted for many torn knee and ankle ligaments, and torn muscles. JUMP CAMP will point out any flaws in the athlete's jumping technique and work with the athlete in improving their jumping mechanics.

What does JUMP CAMP do?

JUMP CAMP helps athletes learn the proper technique in jumping, landing, and improving speed, agility, and vertical jump. We will also work on core stability.

What does JUMP CAMP involve?

JUMP CAMP will progress through six weeks beginning with teaching basic biomechanics of jumping. It will slowly evolve into doing more complex jumps, bounds, and drills. During JUMP CAMP you will also learn footwork drills that will help improve foot speed, and quickness.

Where, When, and How Long??

JUMP CAMP can meet at YOUR school or practice site. This means that your time is maximized by not having to drive long distances for your training. Groups of up to 4 athletes can meet at our facility. JUMP CAMP will meet for 6 weeks, 2 X week for a total of 12 sessions. Camp will last approximately 1 to 1 1/2hrs depending on drills and number of campers. You will receive pre and post-camp testing to track your progress. JUMP CAMP will meet either in the early mornings or evenings on any two non-consecutive weekdays depending on the schedules of the athletes that will be attending the camp (ex. Mon-Wed, Tues-Thurs, Mon-Fri etc.)