

SESSIONS AND FEES

There is a \$50 nonrefundable deposit due at the time of registration to secure the participant's spot in the camp. Payment is due in full by the start of the camp.

Belle Fourche

June 1 — July 9

Monday, Tuesday & Thursday

Session 1: 7-9 a.m. — High School

Early Registration Fee \$185

After May 8 \$200

Team Pricing Available. Call Shawn Mechling
at (605) 490-9882.

Lead-Deadwood

June 1 — July 9

Monday, Tuesday & Thursday

Session 1: 7-9 a.m. — High School

Early Registration Fee \$185

After May 8 \$200

Team Pricing Available. Call Stephanie Gallagher
at (605) 645-2282.

Spearfish

June 8 — July 16

Monday, Tuesday & Thursday

Session 1: 6-8 a.m. — 11th and 12th Grades

Session 2: 7-9 a.m. — 9th and 10th Grades

Session 3: 8-10 a.m. — 8th and 9th Grades

(Beginner Athletes)

Early Registration Fee \$185

After May 15 \$200

Team Pricing Available. Call Kristy Eastman
at (605) 645-9608.

Sturgis

June 1 — July 9

Monday, Tuesday & Thursday

Session 1: 11 a.m.-1 p.m. — Middle School and High School

Early Registration Fee \$185

After May 8 \$200

Team Pricing Available. Call Shawn Mechling
at (605) 490-9882.

CAMP PROGRAM

SPACE IS LIMITED, so register early to ensure your spot in the session time you prefer. The camp fee must be paid in full before the start of the first session.

The Optimal Performance Training Camp is a program for high school student athletes.

Our program focuses on three areas:

- Speed & Agility
- Plyometrics
- Strength Training

Speed & Agility

Speed and agility are by far the most important fitness traits an athlete can develop. These sessions focus on increasing the athlete's quickness, proper footwork, and lower body strengthening. One or two sessions are held each week.

Plyometrics

Plyometrics are explosive movements that convert strength to power. It also increases balance, agility, coordination, lateral and diagonal movements, and helps build lower body strength. One or two sessions are held each week.

Strength Training

Strength training is a vital component for any successful athlete. A lifting schedule consisting of three days per week is developed for each athlete. Our professional staff supervises all strength training sessions to ensure proper mechanics during training.

REGISTRATION

Name _____

Address _____

City _____

State _____ Zip _____

Parent/Guardian Name

Phone _____

Emergency Contact _____

List any medical conditions _____

Grade _____

Shirt Size (please circle one): S M L XL XXL

Please choose a session:

Belle Fourche: June 1 — July 9

___ Session 1: 7-9 a.m.

Lead-Deadwood: June 1 — July 9

___ Session 1: 8-10 a.m.

Spearfish: June 8 — July 16

___ Session 1: 6-8 a.m. ___ Session 2: 7-9 a.m.

___ Session 3: 8-10 a.m.

Sturgis: June 1 — July 9

___ Session 1: 11 a.m.-1 p.m.

Make checks payable to Regional Orthopedics and mail to:

Regional Orthopedics
Attn: Kristy Eastman
2479 E. Colorado Blvd.
Spearfish, SD 57783