



## Power Camp Information

The Lancer Power Camp is designed to allow area athletes the opportunity to gain a competitive edge. In an effort to improve overall athleticism and maintain a healthy lifestyle, athletes will learn proper lifting technique and speed mechanics. In order to accomplish this, we will use a properly progressed program using the latest research to improve performance while reducing injury potential. The role of proper nutrition and recovery will also be a focus of the camp.

## Performance Enhancement Summer Camp

June 21—August 4, 2011

Hosted by  
Londonderry Recreation  
Department

## Can You Make the Commitment?



Www.Lancerpower.com

### STAFF

The Lancer Power staff takes pride in training and educating athletes using the latest research. The camp is directed by Michelle Hart-Miller. Michelle has a BS from UNH and is a Certified Athletic Trainer (ATC) and Strength & Conditioning Coach (CSCS). She has been employed by Londonderry High School for 17 years and has run the Lancer Power camp since 1997. Assisting Michelle will be Mike Bicchieri, Jon Rich, Dave Gilmore, and Russ Love former Lancer athletes who currently coach and teach at the high school level. Cornell University track recruit Becca Parascandola and Assistant Athletic Trainer (ATC) Meghan Powers round out this experienced and knowledgeable staff.

### DAILY ROUTINE ( 1 hour 45 minutes—2 hours)

- \*Soft Tissue Work ( self massage).....5 min.
- \*Activation / Mobility ..... 10 min.
- \*Core Power Development..... 10 min.
- \*Speed Development ..... 30 min.
- \*Strength Training..... 45 min.
- \*Conditioning.....15 min.
- \*Recovery.....5min.

### FACILITY

Camp will be held at the Londonderry High School Gym and surrounding facilities.

We will utilize the following:

Free weights, medicine balls, power racks, slide-boards, Schwinn Airdyne bikes, sleds, track, gym, fields and body-weight.

## Lancerpower.com

Stay updated on camp information, time slots and announcements. Stay educated on the latest training topics with links to articles, videos , recommended books and performance coach websites at [Lancerpower.com](http://Lancerpower.com) and now on

[Lancer Power's Facebook page.](#)



### Special Topic: ACL Reduction in the Female Athlete

Although no program can eliminate the possibility of athletes suffering severe injuries such as ACL tears in the knees, The Lancer Power Programs are structured to reduce the potential.

We recognize and use corrective exercise to address flaws in biomechanics that may predispose athletes to injury. Female athletes, especially basketball and soccer players, suffer from an alarming number of acl tears. Our programs take this into consideration and are designed to strengthen the “weak” areas in female athletes. Deceleration mechanics, glute, hip and hamstring strength are points of emphasis in all programs.

**PROGRAMS**

Programs are offered to athletes age 12 and up.

Athletes will be divided into groups by age, training experience, gender and sport. All times are limited to a maximum of 12 athletes.

**Lancer Performance High School** - 3 or 4 Days Focus will be on power, strength, speed, agility, conditioning and injury reduction for the high school aged athlete. Athletes will be categorized by sport and training experience.

**Lancer Performance Middle School** – 3 Days This program will focus on the same qualities as the high school program but an emphasis will be placed on teaching correct technique with a structured progression from body-weight to external resistance. This program is for all athletes who are new to structured strength and conditioning programs.

**Emphasis on Nutrition:**

Proper nutrition plays a key role in success in our programs. Nutrition tips will be offered on a weekly basis.

**DATES / DAYS**

The Lancer Power Camps start June 21 and end on August 4. There will be **No Training** on Monday and Tuesday July 4th and 5th.

4 Day Program runs Mon. Tues. Wed. and Thursday  
3 Day Program runs Monday, Tuesday and Thursdays

**COST**

**\$50 non-refundable deposit required to hold time slot. Balance due on or before June 7, 2010.**

**4 Day** \$225 for residents of Londonderry  
\$275 for non-residents

**3 Day** \$170 for residents of Londonderry  
\$220 for non-residents

**\*\* Sign-up by May 1st for the 4 Day Program and receive a \$25 discount!**

**10% discount for each additional sibling  
Please contact Michelle for flexible payment options & refund policy.**

All

**Assumption of Risk and Medical Clearance**

As the parent / legal guardian I authorize my child's full participation in the Lancer Power Camp.

I understand that injuries, severe, minor, permanent damage or even death can occur as a result of participation in this program and waive, release, discharge and covenant not to sue the Lancer Power Camp, the Londonderry Recreation Department the Londonderry School District and all staff/ employees. This assumption of risk includes participation in the program and / or while upon the premises where the activity is being conducted.

I give my permission for any emergency medical care or treatment by a physician, surgeon, hospital, or medical care facility that may be required, including transportation, and accept responsibility for that cost.

My child is covered with family insurance in the event of an accident or injury.

I attest my son/daughter is in good health and has no restrictions participating in this vigorous strength & conditioning program.

Athletes Name : \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Athlete Responsibility**

*I agree to follow all instructions and procedures given by the instructors in order to maintain a maximum level of safety. I understand the Lancer Power Camp nor the Londonderry Recreation Department or District is responsible for any loss of personal effects brought to camp. To assure safety, personal listening devices (I-pods) are not permitted.*

Athlete's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Sport: \_\_\_\_\_

City / St. (Nonresident): \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Parent Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Previous Injuries: \_\_\_\_\_

Meds /Allergies: \_\_\_\_\_

T-Shirt Size: S M L XI 2XI

Please send / make check or money order payable to **Michelle Hart-Miller**  
34 Cider Lane, Nashua, NH. 03063

**Please Request a Time** ( please Circle **two** time choices)

**Performance High School 10-12th grade:**

Please circle one:

3 Days ( Monday Tuesday & Thursday)

4 days ( Monday Tues. Wed. & Thursday)

6:40 7:00 7:20 7:40 8:00 8:20 8:40

9:00 9:20 5:00p

**Performance Middle School:** Monday Tuesday Thursday  
(Includes incoming 9th graders)

9:40a 10:00 10:20 10:40 11:00 11:20 4:30p

Carpooling Requests: