



MIKE BEWLEY

MA, CSCS, C-SPN, USAW-I

The native of Louisville, Ky. is a Certified Strength and Conditioning Specialist, a USA Weightlifting Level I Olympic Club Coach and a Certified Sports Performance Nutritionist.

Camp Clinician and Coordinator

Since 2005 Mike Bewley has served as the Dayton Flyers' sports nutritionist and strength & conditioning coach for men's and women's basketball. His duties include the design and implementation of athletic performance programs, supervising team and individual training sessions, testing strength/power/conditioning and sports nutrition counseling of the athletes.

In Bewley's previous three seasons the Flyers have made significant gains in the areas of strength training, cardiovascular endurance, speed-training, flexibility, agility and nutritional consultation. With Bewley's assistance during the 2007-08 campaign, the Flyer Men's Basketball program accumulated a 23-win season, the third best in school history since 1942, earning them a berth in the 2008 NIT. Similarly, the Women's Flyer Basketball program found success under Bewley's supervision as well with a 16-game winning streak, the longest in school history, paired with a school record 25-wins to earn them a spot in the 2008 WNIT.

Bewley also serves as President of a sports nutrition company called ONS Performance. The company specializes in developing and designing NCAA Compliant, tested and certified nutritional products in association with BSCG's United States Anti-Doping Agency (USADA) and International Olympic Committee (IOC) testing labs. Bewley also serves as a sports nutrition consultant for the USA Weightlifting's Coastal Empire National Men's & Women's Weightlifting Team.



UD BASKETBALL STRENGTH & CONDITIONING
MIKE BEWLEY, MA, CSCS, C-SPN, USAW-I
UNIVERSITY OF DAYTON ARENA
1801 EDWIN C MOSES BLVD
DAYTON, OH 45408

UNIVERSITY OF DAYTON BASKETBALL

SPEED STRENGTH & CONDITIONING SUMMER CAMP



**UD BASKETBALL STRENGTH
& CONDITIONING**

FOR MORE INFORMATION CALL
(937) 287-9786

**UD BASKETBALL SPEED,
STRENGTH & CONDITIONING
SUMMER CAMP**

The University of Dayton, Speed, Strength & Conditioning Camp is an amazing opportunity for local athletes aged 11-18. The 4-week camp includes 3 comprehensive 60 to 90-minute training sessions per week, under the supervision of UD Basketball Strength & Conditioning Coach & Nutritionist Mike Bewley.

The speed, strength & conditioning camp is designed to improve athleticism. The camp teaches and trains all aspects of sports performance, with an emphasis on mobility, speed, strength and stamina. Extensive injury prevention training will also be included. Participants will also receive significant performance nutrition education- a key component of athletic success.

CAMP FEATURES

- 4 Week Training Camp (June 9 - July 3)
- 3 - 90 Minute Training Sessions/week
- Train in UD's Varsity Weight Room.
- Sport-specific Strength Training & Conditioning
- Comprehensive Movement Training (speed, agility & quickness)
- Post-workout supplements.

CAMP DATES & COST

Send in your application before June 6, 2008. This camp is designed to insure a good camper/coach ratio, thus the camp has limited enrollment of 5-10 participants. Sorry, walk-ups will not be accepted!

Registration: May 19 - June 6, 2008
Camp Starts/Ends: June 9 - July 3, 2008
Days/Time: 11:30 AM, Monday, Wednesday & Thursday
Location: Donoher Center at the UD Arena.
Participants Age: Must be 11 years old or older. No athletes over 18 years of age.

Camp Cost: \$120 per athlete
 (4 weeks, 3x/week, June 9 - July 3, 2008)

CAMP FACILITIES

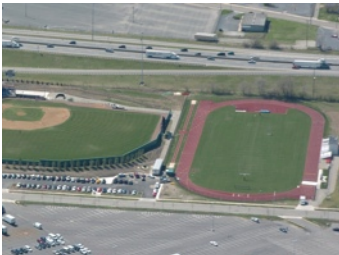
Campers will utilize some of the finest facilities in the country. Training sessions will be held in UD's nationally renowned University of Dayton Arena, Donoher Center Weight Room and Indoor/Outdoor Track Training Facility.



World Class Donoher Weight Room



Train on UD Basketball Arena Floor



Elite Outdoor Track Facility

IMPORTANT INFORMATION

- Must submit a signed medical waiver (on application)
- Must have personal medical coverage
- A professional medical trainer will be on hand throughout the entire camp

**REGISTRATION
UD Basketball Speed, Strength &
Conditioning Summer Camp**

Name _____
 Address _____
 City _____
 State _____ Zip Code _____
 School Attending _____
 Age Day of Camp _____
 Parent/Guardian Name _____
 Parent/Guardian Daytime Phone _____
 Parent/Guardian Cell Phone _____

Camp Cost: \$120 per athlete
 (4 weeks, 3x/week, June 9 - July 6, 2008)

Registration must be accompanied by a non-refundable check or money order. A refund will be given only if a cancellation is due to an injury and is accompanied by a statement from a physician. No refunds will be given for a camper discharged from camp due to disciplinary reasons. Return check penalty \$30.

Please make checks payable to: Mike Bewley

Mail this and other correspondence to:
 Mike Bewley, UD Basketball S&C Summer Camp,
 University of Dayton Arena, 1801 Edwin C Moses Blvd,
 Dayton, OH 45408

For more information call: (937) 287-9786

RELEASE AND WAIVER

In consideration of my child's application being accepted, I, intending to be legally bound, do hereby, my heirs, executors and administrators, waive, release and forever discharge any and all rights claims or damages, which my child may have or which may hereafter accrue to them against the UD Basketball Speed, Strength & Conditioning Summer Camp, or its or their respective officers, agents, representatives, successors and/or assigns; for any and all damages which may be sustained or suffered by them in conjunction with their association in and/or rising out of their traveling to or returning from said camp to be participated in at Dayton, Ohio.

Signature (Parent or guardian) _____ Date _____