

## The Staff

More important than facilities or equipment is the quality of coaching available at a camp. This is especially true with a speed, strength and conditioning camp. Effective teaching and constant supervision, combined with a perfect balance of motivation and inspiration lead to significant gains in athleticism.

***Teena Murray MS, CSCS, USAW***

***Director of Olympic Sports Performance***

In her 3rd year at U of L, Teena coached previously at Cornell & UCONN for 7 years. She has also worked for the Florida Panthers, Mighty Ducks of Anaheim and the USA Women's Olympic Hockey Team.

***Jason Dierking MS, CSCS, USAW***

***Asst. Director of Olympic Sports Performance***

In his 2nd year at U of L, Jason arrived after 4 years at Indiana University. A competitive triathlete, Jason specializes in developing the endurance athlete.

***Eric Hammer MS, CSCS, USAW***

***Asst. Director of Olympic Sports Performance***

In his 2nd year at U of L, Eric coached previously at the University of Nebraska-Omaha for 4 years. Eric competes in the sport of strong man and specializes in developing the strength / power athlete.

***Katie Krall BS, CSCS, USAW, LMT***

***Asst. Coach of Olympic Sports Performance***

In her 1st year at U of L, Katie coached previously at the NSCA Headquarters Human Performance Center in Colorado Springs. She competed as a member of both the US National Speed Skating and Cycling Team.

U of L  
Speed  
Strength  
& Conditioning  
Camp



## THE CAMP

The Louisville Speed, Strength & Conditioning Camp is an amazing opportunity for local athletes aged 11-18. The 4-week camp includes 3 comprehensive 90-minute training sessions per week, under the supervision of the U of L Sports Performance Staff.

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.

Training groups will be created for male and female athletes based upon age, sport, and training experience. Workouts will be held on Mondays, Tuesday, Wednesdays & Thursdays at U of L.

At the completion of the camp each participant will receive an individualized training program to continue for the balance of the summer.

Prepare yourself to compete at a higher level next season. Train to Win!

## CAMP FEATURES

- 4 Week Training Camp (June 04-28)
- 3 - 90 Minute Training Sessions/week
- Train with U of L Sports Performance Staff in U of L Varsity Weight Rooms
- Sport-specific Strength Training & Conditioning
- Comprehensive Movement Training (speed, agility & quickness)
- Post-workout Supplements
- Camp T-shirt
- Individualized Post-camp Training Program

## SPACE IS LIMITED - REGISTER EARLY!!!

The Louisville Speed, Strength & Conditioning camp will provide the highest quality of coaching available anywhere in the region. A member of the U of L strength staff will lead each training session. All U of L strength coaches have degrees in exercise science and are certified by the National Strength and Conditioning Association and United States Weightlifting.

# BE AN ATHLETE!

## Registration Form

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

Email: \_\_\_\_\_

Street, City, State, Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Age at Camp: \_\_\_\_\_ Grade Entering: \_\_\_\_\_

Sport(s): \_\_\_\_\_

Weight Training Experience (if any): \_\_\_\_\_

**REGISTRATION: \$429.00/person**

**\*\*Group & Team Rates are available**

A non-refundable deposit of \$100.00 is due with your registration by April 30, 2007. Applications received after this date cannot be assured admittance.

Make checks payable to:  
Louisville Speed, Strength and Conditioning Camp  
**Cardinal Park**  
2105 S. Floyd St.  
Louisville, KY 40292  
(502) 852 - 2760  
email: teena.murray@louisville.edu

LOUISVILLE