

Application Form

NAME _____

STREET ADDRESS _____

CITY, STATE, ZIP CODE _____

EMERGENCY PHONE _____

E-MAIL ADDRESS _____

T-Shirt Size (Adult) S M L XL XXL
(Youth) S M L

GRADE (current grade) 3 4 5 6 7 8

Male Female (Please circle one)

Coach Referral _____

Promo Code _____

SPORT(S) you play _____

Brian Clarke
Head Strength and Conditioning/
Speed Development Coordinator
Noblesville High School

Coach Clarke is a member of the National Strength and Conditioning Association and is entering his 8th year as a head strength and conditioning coordinator. In his seven years as a Head Strength and Speed Coach his teams have won 10- State Championships.

Coach Clarke came to Noblesville in the summer of 2008 after highly successful stops at Warren Central (05-08), and Pike High School (02-05). At Warren Central Clarke's teams' won 9- State Championships in Football (05/06), Men's XC (05/06), Men's Track (05,06), Women's Track (06,07,08). At Pike High School the Men's Basketball team went undefeated in 2003. In July 2007 Sports Illustrated ranked Warren Central the #1 public high school in the USA for athletics. In addition, Coach Clarke was named a semi-finalist for the National High School Strength Coach of the Year in 2007 by, American Football Monthly.

Coach Clarke is a strength and conditioning specialist and personal trainer who is responsible for over 350 athletes daily. He has trained hundreds of collegiate athletes. Clarke teaches Noblesville's Athletic Weights class and is responsible for developing and implementing pre/post season strength and conditioning programs for all athletic teams.

Coach Clarke has an extensive background in developing athletes. Comprehensive Athletic/ Speed Development is the key to reaching individual potential. His training regime focuses on athletes becoming balanced, efficient movers with focuses on stability (strength) and mobility (flexibility).

The goals of the Noblesville Athletic/ Speed Development Program are to enhance athletic performance, increase speed, increase lateral speed, prepare athletes for competitions, prevent injury, improve confidence, and develop a championship mentality/attitude.



NOBLESVILLE HIGH SCHOOL



STRENGTH & CONDITIONING

SPEED-ATHLETIC DEVELOPMENT CAMP

BALANCE

POWER

ENDURANCE

Oct 22 - Nov 19

Sunday Evenings

6:30 - 8:00pm

NHS Gym

Enter Gate #5

GRADES 3 - 8

Send registration to:

Noblesville Athletic Development
19018 Edwards Grove Dr.
Noblesville, Indiana 46062

Register and Pay Online at:

<http://www.nhswellness.org>

Or

Send Registration and Payment to:

Noblesville Athletic Development

Contact Info:

Brian Clarke
317.773.4680
brian_clarke@nobl.k12.in.us

Noblesville Athletic Development
19018 Edwards Grove Dr.
Noblesville, Indiana 46062



CAMP INFORMATION

WHO: All Male & Female students Grades 3-8

WHERE: Noblesville High School Gym
Enter Gate 5

WHEN: Oct 22 - Nov 19
Sunday Evenings
6:30 - 8:00pm

COST: \$75 per student

SIBLING RATE
\$65 per child

Group Rate

*We are offering group rates of \$60 per camper or less!
Groups must have a minimum of 15 campers or more.*

Please email Coach Clarke brian_clarke@nobl.k12.in.us for more details, rates and registration information.

WHAT DO YOU GET?

- You get 5 weeks of training
- Camp T-shirt
- Coach to student ratio of 1:8 or less.

Noblesville Speed-Athletic Development Camp
(Speed, Agility, Explosiveness, Balance, Core, Championship Mentality)

There are many different theories about speed and how much speed can be taught or gained through training. The truth is that speed can be taught to a certain extent. Every athlete is born with a genetic predisposition to run fast. Olympic sprinters are born to be Olympic sprinters due to their genetic make-up. Olympic distance runners are made to be Olympic distance runners due to their genetic make up. Almost all athletes are limited on their ability to be a good sprinter or distance runner due to their genetic make up. However, every athlete can improve on their running speed to a certain extent by improving their running mechanics and performing proper resistance training.

There are a number of functional movement factors that determine speed. Two such factors being stride length X stride rate/frequency. Other factors that determine speed are running mechanics, power, endurance, and flexibility. To improve speed you must take the components of running and improve the time/distance of that movement, or increase the power generated by that movement. With this being said, the three most important factors that we focus on for speed development are:

1. **Sprint Mechanics**
 2. **Stride Rate/Frequency and Stride Length**
 3. **Overload Sprinting**
(We will do manual resistance)
- 3 Phases of Speed-Athletic Development**
1. Non- Competitive
 2. Competitive
 3. Pure Competition

NHS Speed-Athletic Development Components

- Advanced Dynamic Warm-up
- Form Running
- Wall Drills
- Start Drills
- Multidirectional Training (Agilities)
- Ground Based Flexibility (G.B.F.)
- Mobility
(emphasis on hip and dynamic flexibility via all 3 movement planes)
- Core Training
(Abs, Quadricep, Hamstring, Erector Spinae, Medial Glute Activation)
- Acceleration/ Top End Speed
- Plyometrics
- 3-Phase Competition Drills

Noblesville Speed-Athletic Development Camp Consent to Treatment Limitation & Waiver of Liability

I/We as parents and/or guardians of _____

further agree to waive all liability of the Noblesville Speed-Athletic Camp, Noblesville High School, its employees, agents, offers, staff, coaches, trainers, physicians, for any accident, injury (including death), illness, or other mishap which might befall the above named camper during his/her attendance at the Noblesville Speed-Athletic Development Camp.

Further, I/we hereby grant permission to the staff and physicians of Noblesville High School, any medical or surgical consultant deemed advisable, and any hospital to render to the above-named camper any medical and surgical treatment that they deem necessary. I/we understand that all possible effort will be made to inform me/us in case of such treatment.

PARENT OR LEGAL GUARDIAN'S NAME (printed)

SIGNATURE

_____ () _____ () _____

PHONE: Day Night

PHONE: Emergency



Camper's Health Form
To be completed and signed by camper's parents or legal guardians

- Asthma
- Convulsions / Seizures
- Diabetes
- Head Injury / Concussion
- Rheumatic fever

Allergies to drugs _____

Allergies to foods _____

Current medications _____

Last Tetanus Immunization (date) _____

Chronic or Recurring illnesses _____

Operations/Injuries (including date) _____

Physical Restrictions* _____

Physician Telephone _____

Dentist Telephone _____

Medical Insurance _____

Policy Number _____

Parent Authorization/Release of Information

This health history is correct to the best of my knowledge and my son/daughter has my permission to participate in camp activities with the exception of those noted above.*

I authorize the Noblesville High School Wellness Department to release medical information regarding the above named participant to interested parties including parents and family physician

PARENT OR LEGAL GUARDIAN MUST SIGN

X _____