

# 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) 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**

**FUNDAMENTAL STRENGTH TRAINING CLUB**

**BALANCE**

**POWER**

**ENDURANCE**

**Oct 25 - Nov 22**

**Wednesday Evenings**

**6:00 - 7:15pm**

**Noblesville High School  
Strength Training Facility**

**GRADES 6 - 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 6-8

**WHERE:** Noblesville Strength Training Facility  
Enter Gate 5

**WHEN:** Oct 25 - Nov 22  
Wednesday Evenings  
6:00 - 7:15pm

**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](mailto: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 Fundamental Strength Training Club

This club teaches fundamental strength training methods, techniques, and practices for athletes in grades 6<sup>th</sup>-8<sup>th</sup>. All activities are age appropriate with appropriate volumes and loads. Athletes who want to be able to increase strength, lean body mass, jump higher, be more flexible, attain body awareness, balance, strength, speed, power, and sport performance in his/her particular sport should attend.

**Activities include:** Multi-joint weightlifting techniques (Olympic movements), free weight lifting techniques, squatting movements with one and both legs, bodyweight calisthenics, mobility, circuit training, hurdle joint mobility drills, low level plyometrics, etc... Our goal is to help each athlete maximize his or her athletic potential. Enrollment is limited.

**Safety and Concerns:** Parents first typical concern when they consider having their child strength train is safety. That is our first concern as well. We abide by the NSCA guidelines for youth strength training. Please view the listed guidelines that we incorporate into our camp.

### National Strength and Conditioning Association's Recommendations for Youth Strength training:

All athletes should be taught proper exercise and spotting technique. Exercises should initially be taught with no or minimal load to allow proper technique to be learned.

All training sessions should be supervised by an experienced fitness professional. Each child should be physically and emotionally prepared to participate in a strength training program. Also consider the athlete's maturity level when introducing more advanced exercises.

- Children should have realistic expectations/goals.
- The exercise area should be safe and free from hazards.
- Every exercise session should be preceded by approximately five-10 minutes of a general warm-up, followed by several sport specific warm-up exercises performed at a light intensity.
- Equipment should be properly sized for a child.
- Begin lifting, preferably, with body weight exercises.

Athletes can also engage in basic machine exercises if they use light loads that allow the athlete to complete 12-15 repetitions. The program should progress to ultimately encourage athletes to perform one-three sets of the exercises on two-three non-consecutive days.

- Each set should consist of six-15 repetitions.
- Never increase the load being lifted by more than five percent for upper body or 10 percent for lower body exercises.
- Competition between children should be discouraged since this may lead to athletes performing maximum lifts.
- Strength training should be stopped at any sign of injury and the child should be evaluated prior to re-entering the strength program.
- Never force a child to participate in a resistance-training program.
- Keep the program fun.

### Noblesville Fundamental Strength Training Club Consent to Treatment Limitation & Waiver of Liability

I/We as parents and/or guardians of

\_\_\_\_\_ further agree to waive all liability of the Noblesville Strength Training Club, 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 Strength Training Club. 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