

Youth Athletic Testing & Training

SPRINTT DAY CAMP COMPONENTS

1.) ATHLETE TESTING

- a. TESTING NORMS
- b. SPORT SPECIFIC TESTS
- c. BIOMECHANICAL ANALYSIS
- d. PHYSICAL ASSESSMENT

2.) NEUROMUSCULAR TRAINING

- a. RUNNING TECHNIQUE
- b. JUMP & LAND TRAINING
- c. FOOT QUICKNESS & AGILITY
- d. INCREASE VERTICAL JUMP
- e. SHOULDER STRENGTH
- f. SPORT SPECIFIC DRILLS

3.) STRENGTH & FLEXIBILITY

- a. BODY WT. PROGRAM
(PRE-PUBESCENT ATHLETES)
- b. SAFE & PROPER LIFTING
- c. CORE STRENGTHENING
- d. IN & OFF-SEASON PROGRAMS
- e. DYNAMIC STRETCHING

4.) EDUCATIONAL INFORMATION

- a. POSITIVE ATTITUDE & MENTAL IMAGING
- b. GENERAL FITNESS & LIVING HEALTHY
- c. EATING RIGHT FOR SPORTS
- d. INJURY RECOGNITION
- e. GENDER & AGE DIFFERENCES

SELF TRAINING PACKET

Every Student Athlete will take home a "6 Week" Off-Season General Training Folder

ATHLETE TESTING

Follow Up testing will be done late summer:
(Free Testing for Athletes that attend Camp)

ATHLETE TESTING

- 20 Yd Run (laser timed)
- 3 Cone Agility Run
- Standing Broad Jump
- Vertical Jump
- 3 Second Push Ups



SATURDAY JUNE 12TH
(9:00-2:00)

PEAK HEALTH & WELLNESS CENTER

SPRINTT: (Speed, Power, Reaction, Intensity, Neuromuscular - Testing and Training) program. The SPRINTT program is a testing and training program for Montana student-athletes. Over 400 "local" athletes have been tested to determine norms for all of the testing components. Each athlete can compare their test results to Western Montana Norms.

REGISTRATION:

NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____

PHONE: _____

E-MAIL: _____

GRADE: 5 6 7 8 9 10 11 12

T-SHIRT SIZE: Youth- S M L XL

Adult- S M L XL

COST: (Please select one package)

\$50

**SPRINTT DAY CAMP +
SELF TRAINING PACKET**

\$150

**SPRINTT DAY CAMP +
6 WK SUPERVISED TRAINING**

*All student athletes that attend the SPRINTT Camp can sign up for an additional 6 weeks of "supervised" training with professional staff. The training will be specific to the needs of each group. On Site training will be done 2 days/week at Peak Health and Wellness Center.

Mail Completed form with payment:

Alpine Physical Therapy
5000 Blue Mountain Rd.

Missoula, MT 59804

Attn: SPRINTT Youth Camp

Additional Information:

ALPINE PHYSICAL THERAPY (251-2323)

www.missoulasportsmedicine.com