

COMBS HIGH SCHOOL

Registration Form

(Tear and Return with \$35.00 payment)

Name of Participant _____

Home Address _____

City Zip _____

Home Phone Number _____

Cell Phone Number _____

Emergency Contact Name _____

Phone Number _____

Sport _____

Grade _____

Age _____

Height _____

Weight _____

Medical/Civil Liability Release Form

I, _____,

Legal Guardian of _____

understand that participants must be in a physical condition suitable for strenuous activity. I certify that the applicant has full medical insurance with the following insurance provider:

Policy # _____

In case of emergency or serious injury, I authorize the camp staff to obtain medical care for the participant named below:

Student _____

I understand that I, or my insurance company, is responsible for bills and claims that may be filed as a result of the injury.

I agree to indemnify (hold harmless) and defend Combs High School, Michael Vezzosi, their agents, employees and Sponsors from any and all civil/medical liability.

Parent Signature _____

Date _____

Workouts and programs developed
by:

TNT FITNESS

4022 East Main Street
Mesa, Arizona 85205
480-924-5063

25 years of experience in Athletic Performance, nutrition and Personal Training. Personalized diets/workouts and fitness performance plans



COMBS HIGH SCHOOL



*STRENGTH AND
PERFORMANCE
CAMP*

*ALL ATHLETES ARE
WELCOME*



June 2nd - July 16th
Summer 2011

Combs High School
Weight Room

2505 East Germann Road
San Tan Valley, Arizona 85140

CAMP OVERVIEW

Camp Goals

The staff of our Speed and Performance Camp has provided over 30 years of quality instruction to high school, college and professional athletes. The goal is to provide the same instruction to our future Combs athletes.

This camp will provide athletes with a competitive, diverse and individualized programs. The true measure of our athletes will be their success off and on the field.

The camp philosophy comes down to one word: *soul*. The word *soul* applies to our faith, character, pride and honor. Our souls are what define us as individuals.

All athletes will be under direct supervision

Expectations

1. Consistent Attendance
2. Punctuality
3. Provide best effort
4. Be Coachable
5. *Appropriate lifting/running attire*
6. *Bring WATER*

CAMP SCHEDULE

COMBS WEIGHT ROOM

JUNE 2, 2011–JULY 16, 2011

MONDAY, TUESDAY, WEDNESDAY AND THURSDAY

SESSION 1: **LIFTING** 7:00 AM – 8:15 AM OR
3:00 PM– 4:15 PM:

SESSION 2: **SPEED/AGILITIES** 8:15 AM – 9:30 AM
OR 4:15 PM-5:00 PM:

PRACTICE: (FOOTBALL ONLY):

All start times: 5:00 pm

Monday– Special Teams

TUESDAY– Conditioning/Agility Drills by position

Wednesday– 7 on 7 (All positions except OL/DL)

Thursday– OL/DL

CAMP REGISTRATION

**SUBMIT CAMP FEE OF \$35.00 ALONG
WITH REGISTRATION FORM TO**

**: COMBS HIGH SCHOOL
ATTN: MICHAEL VEZZOSI
2505 E GERMANN ROAD
SAN TAN VALLEY, AZ 85140**

CAMP FEE IS FOR SHIRT AND FACILITY USAGE

MAKE CHECKS PAYABLE TO:

TNT FITNESS

PARENTS MUST SIGN CONSENT FORM

Camp Trainers

National Strength and Conditioning Members

Frank Vezzosi, B.S., Exercise Physiology

Frank is currently owner and operator of TNT Fitness. He has 25 years of experience in the field of strength and performance. He has worked with athletes of all levels ranging from youth to professional athletes. Frank has developed nutritional and performance plans for over two decades.

- 25 Years of experience
- American College of Sports Medicine trained
- Two decades of nutritional training
- 2 years of Nutritional training Arizona State University
- Head Coach for Fitness and Bodybuilding at Arizona State
- Professionally trained in Prevention and Treatment of Athletic Injuries
- State, National and U. S. A. Record Holder in Power lifting
- Trainer of 4-time International Combat Champion
- Strength and Conditioning Coach State Champion Football Team
- Trained Pro Rodeo Athlete (2nd in the World)
- Trained multiple college/professional football players and golfers
- Trained 1988 Mr. Teen Arizona

Jesse Hart, M.Ed., Physical Education

Coach Hart is our Head Strength Coach, varsity defensive coordinator and Head Track Coach. For the 2010-2011 school year, Coach Hart will supervise the weight program for Combs High School. This former Division IAA athlete has coached the last 3 years at Mesa Mountain View (one of the top programs in the state). He served as Mountain View's JV Strength and Conditioning Coach and coached Offensive/Defensive Line.

- Fall 2008 Outstanding Physical Education Student Teacher Award
- Assistant to top High School Strength and Football Coaches for the past 3 years.
- Former Division IAA athlete
- USA Track and Field/Weightlifting Certified