



STRENGTH and ATHLETIC PERFORMANCE CAMP

Camp Dates June 22 – August 12, 2016

WORKOUT DAYS

MONDAY 9:00 – 10:30
WEDNESDAY 9:00 – 10:30
FRIDAY 9:00 – 10:30

WORKOUT LOCATION

CANISIUS COLLEGE
KOESSLER ATHLETIC CENTER
2001 MAIN STREET, BUFFALO

WORKOUT SESSIONS INCLUDE

SPEED MECHANICS & CONDITIONING
RESISTANCE TRAINING (WEIGHTS)
SPORT SPECIFIC ENHANCEMENT
CORE STABILIZATION
STRENGTH & POWER ASSESSMENT

AGILITY
OLYMPIC WEIGHTLIFTING
BALANCE
FLEXIBILITY
COORDINATION

**Participants will be given pre and post performance tests including:
40yd Dash, Vertical Jump, Pro Agility Run, Bench Press
Participants will also be given a workout notebook to monitor progress**

CAMP DIRECTOR

Dr. Chuck Pelitera, CSCS*D, CPT*D – Chuck currently serves as an academic professor in the Kinesiology Department at Canisius College. Chuck has over 30 years experience as a Strength & Conditioning Consultant and has over 18 years experience as Strength & Conditioning Coordinator for NCAA Div. I Athletic Teams. He was selected as Strength & Conditioning Professional of the Year 2 times by the National Strength and Conditioning Association (NSCA) and served as Athletic Performance Coach for many MAAC Championship teams, and NCAA Championship Tournament Teams. During Chuck's time spent as a Coach and Personal Trainer he has worked with championship level Athletes at the Scholastic, Collegiate and Professional levels. He has trained everyone from "Baby" Joe Mesi to NCAA national rowing champions. Currently he is the Personal Strength Coach for two professional boxers. Chuck continues to work with many Western NY athletes in improving upon **strength** and **athletic performance**. Chuck is the owner of Pelitera's Fitness Consultants. He is a Certified Strength & Conditioning Specialist (CSCS*D) as well as an NSCA certified personal trainer (NSCA CPT*D). He is also a distinguished member of the National Strength & Conditioning Association (NSCA).

Registration Fee is \$300 per athlete (Discounts available to teams and groups)
To Register Contact:

Chuck Pelitera 716-888-8469 pelitera@canisius.edu

Registration for Strength and Athletic Performance Camp

*(**Please** copy and paste into browser, complete form and send to pelitera@canisius.edu. This does not commit you to the camp; it just gives us an idea for planning purposes, how many athletes that we will be working with)*

Name:

Address:

Cell Phone #:

Any previous injuries or medical concerns:

Previous workout experience: none___ some___ much___

Main sport concentration:

Athletic Strengths:

What skills do you feel that you need to improve upon?

Who to contact in an emergency:	Name	relationship
	phone #	