

**Tony Casarella,
MA, NASM, NSCA,
USAW, GCS**

Tony Casarella is a master personal fitness trainer with almost 20 years of experience in personal training, team strength and conditioning, and coaching. Tony attended the University of Rhode Island in Kingston, RI for his undergraduate degree and acquired his masters degree in physical education from Adelphi University in Garden City, NY. Tony holds certifications from The National Academy of Sports Medicine (NASM), as a Performance Enhancement Specialist; The National Strength and Conditioning Association (NSCA), as a Certified Personal Trainer; The USAW, as a certified Olympic lifting coach, and GMP fitness, as a Golf Conditioning Specialist. Tony is also a Certified K-12 Health/PE teacher, as well as a certified coach in the state of Arizona. Tony is currently employed at Boulder Creek High School as a Health/PE teacher and he is also the Head Track Coach, Head JV Football Coach, and a Strength and Conditioning Coach for the Jaguars.

**TC SPEED AND
POWER CAMPS 2010**

Who: Athletes of all ages

Boys and Girls 8-18 yrs.

Where: Boulder Creek High School

Practice Fields

Time: 5:30 pm-6:30 pm

Session 1

Week 1 June 7, 8, 10 - M, Tu, Th

Week 2 June 14, 15, 17 - M, Tu, Th

Week 3 June 21, 23, 24 - M, Wed, Th

Week 4 June 28, 29, Jl 1 - M, Tu, Th

Session 2

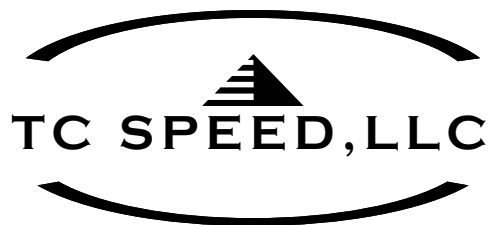
Week 5 July 5, 6, 8 - M, Tu, Th

Week 6 July 12, 13, 15 M, Tu, Th

Week 7 July 19, 20, 22 - M, Tu, Th

Week 8 July 26, 27, 29 - M, Tu, Th

Sign up for both sessions \$144.00



**TC SPEED
AND
POWER
CAMPS**



***Developing
Champions
at the next
level***

***Register now for
our next camp***

**SUMMER SPECIAL
8 weeks for \$144.00
\$6.00 per day**

Speed is Essential

In today's day and age, speed is one of the most important factors in determining the level of an athlete. Athletes, on all levels, are emphasizing speed and power training as a means to improve their athletic performance. Speed conditioning consists of retraining the entire body to move in an efficient and powerful way.



Speed increases come from performing a system of movements and activities all designed to help the body move at peak velocities. Integrating an effective and efficient warm-up, increasing flexibility and range of motion, improving lateral agility and change of direction quickness, increasing cardiovascular conditioning, core strength, power output, and learning proper running mechanics, will enable an athlete to compete at the highest level. Regardless of the sport you play, TC Speed and Power Camps are geared for your individual athletic improvement. Join us now!

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Speed and Power Camps

TC Speed offers a multitude of training techniques that are the most up-to-date, cutting edge exercises used by top professionals around the world.

Specializing in Speed and Power

At TC Speed and Power Camps, athletes should expect to learn and utilize many different phases associated with speed and power development. We teach athletes how to minimize injury and maximize power output with a workout preparatory phase that includes dynamic stretching and mobility. We aid athletes in increasing agility by use of



agility ladders, cone drills and line drills. We also teach general conditioning using body weight exercises and hurdle activities. At TC Speed, we believe core strength is an integral part of speed development and incorporate various abdominal, low back and oblique exercises to train the core. Another phase that we emphasize in our

camp is strength. Through the use of plyometric boxes and medicine balls, we teach athletes to be more explosive in athletic performance. Lastly, TC Speed instructs athletes in speed training. Using acceleration mechanics and exercises, plus maximum velocity activities, we are consistently developing champions at the next level.



Registration Form

Name: _____

Address: _____

Emergency Phone : _____

Email: _____

Age: _____ Gender: _____

Sports of interest (list all): _____

**Limited Space Available
Mail in registration form today**

Circle Session: 1 2 1&2

Cost: \$ 72.00 per session

\$ 144.00 for both sessions

Check Payable to: TC Speed

I (We) as the parent(s) or guardian(s) of the minor identified above acknowledge that the clinic will involve physical activity and may involve some risk of injury to the minor child. TC Speed, LLC will use its best efforts to insure the safety of the minor child, however, TC Speed, LLC, nor any of its officers, managers, employees or agents, shall in any way be responsible for any injury that occurs to the minor. As parent(s)/guardian(s) I (we) expressly waive any claim that I (we) may have against TC Speed, LLC or any of its officers, managers, employees or agents for any injury or claim of the minor child during the clinic. In the event (we) cannot be reached, I (we) hereby give permission to the licensed health-care practitioner selected by TC Speed, LLC to secure proper treatment, including hospitalization, anesthesia, surgery, or injections or administration of medication for my child. Permission is granted for emergency treatment to be administered.

Signed _____

Please Mail to:

**TC Speed
39630 N Belfair Way
Anthem, AZ 85086**

Phone: (623) 824-4152

Email: TCSpeed1@aol.com