DAVE GUIDULGI
"The Guru of Fitness"

Presents:

The 28th Annual Training Camp

Dear Parents and Campers,

It's time once again to think of summer training. As in the past, we have great camps planned for the upcoming year. We will be working on the **Guildulgi Five Fold Training Plan for Success**, which includes the following:

- Speed
- Strength
- Cardiovascular Workouts
- Flexibility
- Skills customized for a particular sport

The three days will be packed with personal instruction in the techniques and drills athletes need to excel. Campers will be exposed to some of the best training methods used by professionals.

The camper's ability levels will improve along with their attitudes. Remember, the emphasis is on the individual, not the team. I am looking forward to seeing you this summer.

Sincerely,

Dave Guildulgi

Requirements and Information…

Age:	Any male or female ages 10-18
Physical Exam:	Campers must have proof of health insurance & submit proof of a recent physical with the application.
Where:	Tower Park, Fort Thomas, KY
When:	June 29th, 30th, and July 1st, 2015
Time:	9:00 AM to 2:00 PM
What to bring:	Jump rope, towel, running shoes, and a bag lunch (Tue & Wed)
What is included:	T-Shirt, evaluation, and lunch on Wednesday.
Cost:	$125.00 / person

DAVE GUIDULGI'S

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Athletes who have attended the "Guru's" camp

Player	College / Professional
Zeke Reynolds	University of Kentucky / New York Giants
Marty Moore	University of Kentucky / New England Patriots
Brian O'Neal	Penn State / San Francisco 49ers
John Shannon	University of Kentucky / Chicago Bears
Doug Pelfrey	University of Kentucky / Cincinnati Bengals
Shawn Alexander	Alabama / Seattle Seahawks (NFL MVP)
Danny Fortson	University of Cincinnati / NBA

And last but not least, The Guru's sons; Gino, Bay, Ben & Tony Guildulgi!