

*"The constant pursuit of sports performance."*

## ATTENTION: TIMBERLINE HIGH SCHOOL ATHLETES



**APX STRENGTH** is holding an  
**All Sport Performance Clinic on:**  
**Saturday, June 20<sup>th</sup> (8:30-2:30pm)**  
**For All Timberline Middle/High School Athletes**



**APX STRENGTH** is holding its  
**1<sup>st</sup> APX Summer Performance Training Program:**  
**June 22<sup>nd</sup> → August 13<sup>th</sup> that is available for ALL**  
**Timberline High School & Middle School Athletes!! :: Boys & Girls!! :: All Sports!!**

**Group #1: Varsity Boys (All Sports; Grades 10-12) 8:30-10:00am**

**Group #2: Middle & Frosh Boys (All Sports; Grades 7-9) 9:45-11:15am**

**Group #3: Girls High School & Middle School Girls (All Sports; Grades 7-12) 11:00-12:30am**

The Clinic will commence at Timberline High School's weight room, fields, gymnasium, wrestling room, and auditorium and is open for all Timberline High School/Incoming Middle School Athletes. The Clinic will also focus on Strength Training movements that emphasize proper muscular building phases while improving an athlete's performance through controlling center of gravity, change of direction, in-season and off-season strength and conditioning, and mental preparation. An **"Athlete Nutrition and Supplementation"** class will also be held to teach you how ALL athletes in Pro Sports facilitate their nutrition principles throughout the in/off-seasons by **APX' Registered Sports Dietitians**.

The camp will be directed by former NCAA/NFL Strength & Conditioning Coach Drew Buchkoski, who currently presides as the Head Performance Director for APX STRENGTH; West Coast Division. Coach Buchkoski will be accompanied by an experienced staff; comprised of present and former Pro & Collegiate Athlete standouts. Classroom presentations will be held covering training progressions, aggressive dynamic stretching and resistance training concepts, and information concerning nutrition and supplementation needs for specific athletes' sizes, positions, and genetic muscular structures. The program also boasts Position-Specific Resistance and Functional Training concepts for the off-season performance training--as well as **Proper Injury Prevention training components**.

If you have any questions, comments, concerns, or special requests, please contact APX STRENGTH via **email: [info@apxstrength.com](mailto:info@apxstrength.com)**. We look forward to sharing an experience that will enhance your playing careers, and foster **a culture to BUILD consistent State Playoff Appearances, Runs, and State Championships**.

A **\$50 (high school/middle school)** registration fee is required per athlete.  
Completed registration forms with payments need to be turned into **THS' Business Office**.

Please contact THS Coaches for more info:

(Nick Mullen 253-381-9408 Email: [Nmullen@nthurston.k12.wa.us](mailto:Nmullen@nthurston.k12.wa.us))

(Charles Porche Email: [porcherus@msn.com](mailto:porcherus@msn.com))

(Zander Edenstrom Email: [Zedenstrom@nthurston.k12.wa.us](mailto:Zedenstrom@nthurston.k12.wa.us))

**Friday-JUNE 12th**

**(REGISTRATION DEADLINE – MAKE CHECKS PAYABLE TO THS-Athletics)**



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**BREEDING CHAMPIONS**

# APX ALL SPORT BOYS & GIRLS PERFORMANCE ENHANCEMENT CLINIC JUNE 20<sup>TH</sup> ATHLETE CAMP ITINERARY

## DATE AND TIME:

- Saturday, June 20<sup>TH</sup>, 2015
- 8:30-2:30pm
- All Grades 6-12 (Boys & Girls)


## LOCATION:

- Timberline High School (Weight Room, Gymnasium, Wrestling Room, Classrooms)  
6120 Mullen RD. SE  
Lacey, WA 98503

## ATHLETE BRINGS:

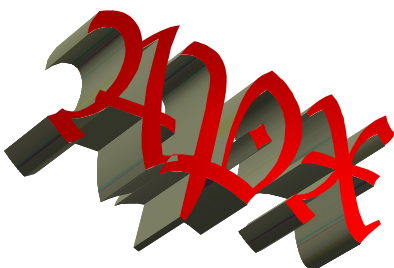
- Cross Training Shoes (Tennis, Gym or Basketball)
- **Sack Lunch/Healthy Snacks** (Turkey Sandwich, Granola Bar, Fruit, Trail Mix Etc..)

## SCHEDULE:



8:00 - 8:30	<b>Coach's Clinic</b> (All Coaches, All Sports)
8:30- 9:00	<b>Registrations</b> <b>Classroom/Auditorium Presentation Introductions (All)</b>
9:00 - 9:45	<b>Dynamic Stretch &amp; Ground-Base Neuromuscular Spinal Instructs (All)</b>
9:45 - 11:00	<b>Lower/Power Functional Emphasis</b> (Position Specific – Male Athlete) <b>(Female Athlete Nutrition Workshop / Classroom Presentations)</b>
11:00 - 11:30	<b>Lunch Break (All)</b>
11:30 - 12:45	<b>Lower/Power Functional Emphasis</b> (Position Specific - Female Athletes) <b>(Male Athlete Nutrition Workshop)</b>
12:45 - 1:00	<b>Break –Transition</b>
1:00 - 2:00	<b>Torso/Core Functional Emphasis</b> (Position Specific - All Athletes) (Scapular & Knee Traction Proprioceptive Sprint Dynamics – All Athletes)
2:00 – 2:30	<b>Break Camp</b> <b>Questions &amp; Answer &amp; Staff Closeouts</b>

# B2A3ER STRENGTH



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# APX STRENGTH PERFORMANCE ENHANCEMENT CAMP REGISTRATION & INSURANCE

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NAME: \_\_\_\_\_ HIGH/MIDDLE SCHOOL: \_\_\_\_\_

GRADE: \_\_\_\_\_ POSITION: \_\_\_\_\_ HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

ADDRESS/CITY/ZIP: \_\_\_\_\_

PHONE (H): \_\_\_\_\_ (CELL/WORK): \_\_\_\_\_

E-MAIL: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

SPECIAL MEDICAL CONDITIONS (DIABETIC, ALLERGIES, MEDICATIONS, INJURIES,):  
\_\_\_\_\_  
\_\_\_\_\_

DOCTOR / HEALTH CARE PROVIDER: \_\_\_\_\_

INSURANCE PROVIDER: \_\_\_\_\_ PHONE: \_\_\_\_\_

CLINIC: \_\_\_\_\_ PHONE: \_\_\_\_\_

CAMP PARTICIPANT (CIRCLE ONE): (7<sup>TH</sup> - 9<sup>TH</sup> GRADE BOY - ALL SPORTS)  
(10<sup>TH</sup> - 12<sup>TH</sup> GRADE BOY - ALL SPORTS)  
(7<sup>TH</sup> - 12<sup>TH</sup> GRADE GIRL - ALL SPORTS)

**MAKE CHECKS PAYABLE TO: *THS-ATHLETICS***

I UNDERSTAND THAT MY CHILD WILL UNDERGO RIGOROUS PHYSICAL TRAINING MOVEMENTS AND AGILITY DRILLS THAT POSE A RISK OF INJURY AS WITH ANY FORM OR DURATION OF PHYSICAL EXERCISE. BY SIGNING BELOW, I RELEASE THE COACHING AND TRAINING STAFF OF APX STRENGTH AND/OR TIMBERLINE HIGH SCHOOL (THS), OF ANY AND ALL LIABILITIES IN WHICH CASE MY CHILD IS INJURED THROUGHOUT THE DURATION OF THE APX PERFORMANCE ENHANCEMENT CAMP AT THS FROM JUNE 20 - AUGUST 13, 2015. I UNDERSTAND THAT MY CHILD MUST BE INSURED THROUGH MY FAMILY INSURANCE PLAN, AND THAT APX/THS DOES NOT PROVIDE INSURANCE FOR MY CHILD UPON INJURY.

ATHLETE PRINT NAME: \_\_\_\_\_

ATHLETE SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT PRINT NAME: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_



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**SUMMER TRAINING TO  
BUILD FOR  
2015-16 LEAGUE & STATE  
TITLES  
BEGINS JUNE 20<sup>TH</sup>**

**TIMBERLINE**  
High School



*ONE HEART, ONE TEAM...*

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Advanced Performance X-Train  
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