

## THE B.A.S.I.C PROGRAM

Would you like to be a better athlete? Do you want to be stronger, faster and more agile? Do you want to minimize the chance of injury during competition? Then B.A.S.I.C Training can help you! Building Athletes Stronger in Competition is a comprehensive program designed to enhance your athletic performance and help you become the best athlete you can be. No matter what sport you play, B.A.S.I.C Training can help make you better! Program includes Speed Enhancement Training, Core Strengthening, Power Training, Reaction Time and much more!

**BUILDING ATHLETES. STRONGER.  
IN COMPETITION**

# B.A.S.I.C TRAINING CAMP

## CAMP SPONSORS



[up-football.com](http://up-football.com)

# B.A.S.I.C TRAINING CAMP

906.776.5548

[www.dchs.org](http://www.dchs.org)

1721 S. Stephenson Avenue - Iron Mountain, MI

**B**UILDING  
**A**THLETES  
**S**TRONGER  
**I**N  
**C**OMPETITION

2010

JULY 12 - AUGUST 6

Dickinson Sports Medicine Center

# B.A.S.I.C TRAINING CAMP

For High School Athletes

# B.A.S.I.C. TRAINING CAMP

## CAMP INFORMATION

Two locations have been established for the B.A.S.I.C Training Camp. Pick the time and location that works best for you!

**Kingsford High School**  
Monday, Wednesday & Friday  
8:30-10:00 am (Junior Varsity)  
10:30 - Noon (Varsity)  
\*Starts July 12th

**North Dickinson High School**  
Tuesday & Thursday  
10:30-Noon (JV & Varsity)  
\*Starts July 13th

July 12 - August 6th

FOR MORE INFORMATION CALL:  
Jon Jungwirth Phone 906.776.5548

SUCCESS STARTS HERE. WINNING STARTS NOW.

## TRAINING STAFF

**Jon Jungwirth, MS, LAT, ATC, NASM-PES** is a Masters prepared Certified Athletic Trainer and certified Performance Enhancement Specialist, who oversees the Dickinson Sports Medicine program and serves the students at Florence and North Dickinson High Schools. Jon developed and implemented the B.A.S.I.C. Training summer camp to stress conditioning and injury prevention, and improve basic athletic skills.

**Lane Lindeman, ATC, CSCS**, is the Certified Athletic Trainer for Kingsford High School. Lane is also a Certified Strength and Conditioning Specialist. He is a member of the Dickinson Sports Medicine Center staff as well as a former student and athlete from North Dickinson High School. Lane graduated from Northern Michigan University with a Bachelor of Science degree in Athletic Training.

MAIL REGISTRATION FORM TO:  
DCH Sports Medicine  
1721 S. Stephenson Ave  
Iron Mountain, MI 49801

### CAMPER

PLEASE PRINT

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

### T-SHIRT SIZE (ADULT)

S  M  L  XL  XXL

### PARTICIPATING LOCATION

- KINGSFORD HIGH SCHOOL (M, W, F)
  - \_\_\_ 8:30 -10:00 (JV)
  - \_\_\_ 10:30 - NOON (VARSITY)
- NORTH DICKINSON HIGH SCHOOL (T, R)

### EMERGENCY CONTACT

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

RELATIONSHIP \_\_\_\_\_ PHONE \_\_\_\_\_

### FEES (includes t-shirt)

- \$60 North Dickinson Session (2 days/week)
- \$70 Kingsford Session (3 days/week)

**Registration is limited  
Enroll Today!!**

**Registration deadline is July 2nd.**  
To enroll fill out the registration form, make check payable to **DCHS Sports Medicine Center** and mail to:

**DCHS Sports Medicine Center**  
Attn: Jon Jungwirth  
1721 S. Stephenson Avenue  
Iron Mountain, MI 49801