Performance Enhancement
6 Week Camp

Designed to Improve Athletic Performance and Reduce the Chance of Sports Injuries

Ages 10 -18
June 13 - July 29
*excluding the week of July 4
MWF 5pm - 6:30pm
Cost - $150
(Includes Camp T-shirt)

Check Us Out!

To learn more about Concordia’s Strength and Conditioning program, go to www.cune.edu/athletics and click on “Strength & Conditioning”

You will also find the link to other sports camps and events offered this Summer!

Performance Enhancement Camp

Coach Todd Berner
800 N Columbia Ave
Seward, NE 68434

Phone: 402 643 7191
E-mail: todd.berner@cune.edu

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Information

The full 6wk Performance Enhancement camp will consist of strength training, power and speed development, vertical jump training, agility and lateral quickness/footwork and sport-specific conditioning. This camp is designed for all athletes and will target all aspects needed to improve your athletic performance and reduce the chance of injury.

Each camper will go through a series of performance testing at the beginning and end of camp and will have a specific training program designed to improve your performance for the upcoming school year. Training will also include flexibility training, core strengthening, and nutrition/regeneration methods to maximize your performance and reduce the chance for sport injuries.

Refund Policy: performance camp - refund will be granted if cancellation is made prior to May 31st. After May 31st, refunds will be granted at a pr-rated basis for medical reasons only and require a signed request form your physician. No refunds will be made for campers that leave voluntarily and/or are sent home for disciplinary reasons.

For further information about the camp or questions please contact Coach Todd Berner 402.643.7191.

FAQ

What do I need to bring?

- Each athlete should wear workout attire (shirt, shorts, tennis shoes, and any other equipment/braces they usually wear during sporting activities).
- Signed medical authorization/release form must be completed prior to the first day of camp.

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Is there a registration deadline?

- No, you can sign up for the camp at any time as long as payments and all medical forms are completed and returned to Coach Berner.

Registration Form

Sign up for:  
- Performance Enhancement  
Price:  
- $150.00  

Credit Card #  Exp. date  
Signature

American Express  MasterCard  Visa  Bill Me  American Express

Method of Payment

Name of Parent or Guardian  
Address  
Phone  

Check  

Athlete’s Name
Athlete’s Grade/Age

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