

## The Seahawk Performance

**Training Academy** runs multiple clinics each year which are designed with the specific needs of the participants in mind.

Participants will work with the Seahawk strength coaches in every session to maximize and enhance their performance. Techniques used include: strength training, Olympic weightlifting, speed, agility and quickness drills, flexibility training, balance training and nutrition strategies as well as others.

The Seahawk Performance Training Academy is appropriate for all athletes at all levels, males and females, in grades 7 - college.

Staff:

Tom Blaney MS, ATC, CSCS, USAW-CC  
Fitness Center Manager

Natalie Magyar CSCS, ACSM HI-FI

100 Ochre Point Avenue  
Newport, Rhode Island 02840



## Building better athletes 1 rep at a time.

**Sullivan Fitness Center  
Salve Regina University**

[www.salve.edu/spta/](http://www.salve.edu/spta/)  
(401) 341-2606 or (401) 341-2607

# CLINICS FOR 2008

## SPEED, AGILITY AND QUICKNESS CLINIC

We teach you the drills, perfect your technique, and provide the progression program.

### Spring Break

Mon., March 17 - Thurs., March 20, 2008

Sessions: 1 1/2 hour sessions, beginning at 3:30 p.m. and 5:30 p.m.

Each session is limited to 25 participants.

Cost: \$50 per person

## COACHING CLINIC

Through classroom time and hands on instruction, this clinic's objective is to present the knowledge and skills necessary to increase performance in all athletic endeavors.

Sessions: 1 week each, for 3 hours a day

A. June 23 - June 27, 9:00 a.m. - 12:00 p.m.

B. June 23 - June 27, 1:00 p.m. - 4:00 p.m.

Each session is limited to 25 participants.

Cost: \$100 per person

**Team discounts available on all clinics.**

**Don't see what you need?  
Call for a custom clinic, 401-341-2606.**

## SUMMER CLINICS

Designed to maximize gains in strength, power, speed, and agility. Strength coaches teach you proper form, and motivate each participant to perform their best each training session.

*Prorating is available for early and late starts or vacations.*

Sessions: 1 1/2 hour sessions, Mon. - Thurs. beginning at 9:00 a.m., 9:30 a.m., 12:30 p.m., 1:00 p.m. 2:30 p.m. and 3:00 p.m.

Each session is limited to 5 participants, must arrive 15 minutes early.

### Full Summer (14 weeks)

May 12 - August 15, 2008

(Break week: 7/7 - 7/11)

\$800 per person

(\$600 if enrolled by March 1, 2008)

Great  
for the college  
athlete,  
Just \$10.25  
per session

### Half Summer (9 weeks)

June 16 - August 15, 2008

(Break week: 7/7 - 7/11)

\$550 per person

(\$400 if enrolled by March 1, 2008)

Great  
for the high school  
athlete,  
Just \$11.50  
per session



**Building better athletes 1 rep at a time.**

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Male Female

E-mail: \_\_\_\_\_

Clinic: \_\_\_\_\_

Dates: \_\_\_\_\_

First Choice Session (start time): \_\_\_\_\_

Second Choice Session (start time): \_\_\_\_\_

School Affiliation: \_\_\_\_\_

Team: \_\_\_\_\_

T-shirt size: S M L XL

Parent/Guardian Signature if under 18:

Amount enclosed: \_\_\_\_\_

Make check payable to: Salve Regina University

*Be sure to check our Web site [www.salve.edu/spta](http://www.salve.edu/spta) for forms that must be filled out.*

### Cancellation/Refund Policy:

*In the event that the clinic is canceled, a full refund will be provided.*

*In the event that you need to cancel:*

- Up to 8 days prior to the start of your chosen clinic a 95% refund will be given.