

University Sports Medicine



MEDICINE *of* THE HIGHEST ORDER

Thank you for your registration to the University Sports Medicine Performance Enhancement Camp. The camp is held at the University of Rochester Fauver Stadium. The first meeting on July 6th will include testing of a variety of physical skills in order to establish a baseline for each athlete. We will meet Monday, Wednesday, and Thursday from 5:00-6:30pm. The final session on July 30th will include a retest of the physical skills. Your goal should be to improve at each skill. **Hard work will show improvement.**

After baseline testing is performed, you will be divided into teams of up to 10 athletes. Each team will have an instructor who will be the supervising team leader. If you are going to miss a session please let your team leader know.

The camp will be focusing on improving running, cutting, jumping, and landing mechanics to prevent injury. Safety is very important to us; however, despite our best efforts injuries can occur. Please read and sign the enclosed consent to perform in the performance enhancement program form and bring it with you on the first day. If the athlete is under 18 years of age a parent or guardian should also sign the form.

Parents: parking is NOT allowed on campus until 7PM without a visitors permit. If the athlete is driving, or the parents will be on campus during the camp you should park in front of the stadium or library lot. The price to park in front of the stadium or library lot is \$14.91 for the 4 weeks. We have enclosed the permit registration form to fill out and bring with you the first day. If you do not want to pay for the permit you may purchase a \$2.00 visitors permit at the visitor information booth when you enter the University each day, or pay the parking meters on the street by the stadium.

We are looking forward to meeting each athlete on July 6th. We would like you to come 15 minutes early (4:45pm) to finalize your registration.

Sincerely,

John Bernfield, M.S., A.T.C., CSCS
Director of Injury Prevention and Performance Enhancement Programs

Things to bring to camp:

- ❑ Water bottle or sports drink
- ❑ Athletic shoes and cleats (if you have some)
- ❑ Athletic shorts and tee-shirt

Medical necessities, if needed:

- ❑ Inhaler
- ❑ Epi-pen
- ❑ Medications
- ❑ Other

Consent to Perform in the Performance Enhancement Program

I understand that the Performance Enhancement Program includes exercises to build and enhance the musculoskeletal system (flexibility, muscle strength, power, and endurance) and the neuromuscular system (central nervous system, proprioception). Exercises may include aerobic and anaerobic activities, agility, balance, calisthenics, flexibility, resistance training, and plyometrics. These exercises will be quite vigorous. I understand that any preexisting condition that will affect my performance of this program will need medical clearance by a physician.

I understand that there is a certain risk of injury associated with participation in this program. In consideration of the above, I assume all risks and hazards incidental to participation in this program, and hereby waive, release, absolve, indemnify, and agree to hold harmless, other than willful default or neglect on their part, University Sports Medicine, Strong Memorial Hospital, and the University of Rochester, it's officers, employees, directors, and agents, in both their corporate and individual capacities, from any liability, claim or other obligation, arising from or based upon participation in the above program.

Athlete Name _____

Athlete Signature _____ Date _____

Parent/Guardian Signature _____ Date _____