

REGISTER NOW!

Name _____

Address _____

City _____ State _____ Zip _____

Phone: Home _____

Work _____

Age: _____ Height: _____ Weight: _____

T-Shirt Size (\$10 per participant):

S M L XL XXL

Payment: Check Pay on first day of camp

\$20.00 deposit is required per camp

Find out how to raise money for my school/team.

Make checks payable to True Athlete Performance.

Mail this form and payment to:

True AP, Attn: Rob Rose,
PO Box 1413, Ashburn, VA 20146

For more information contact:

Rob Rose at 703-568-5657
or email rose@trueap.com

CAMPS:

CHAN: Hoop Magic, *FRED:Frederick Sports Plex*
Chantilly, VA

CAMP	DATE	COST
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

SPECIAL CAMP DISCOUNTS

- \$10 OFF 1 Camp!*
- \$20 OFF 2 Camps!*
- \$30 OFF 3 Camps!*
- \$40 OFF 4 Camps!*

*price per camp

Subtotal _____

Discount _____

Late Fee _____



PARTNERS:

LACROSSE:

- Madlax (madlax.com)
- Upper Corner Lax (uppercornerlacrosse.com)

SOCCER:

- Soccer Academy (soccer-academy.com)
- Middle States Soccer Camps (americansoccerprograms.com)

FOOTBALL:

- Champions Football Camps (championsfootballcamp.com)
- Westfield Football Camp (fcps.edu/westfieldhs)

BASKETBALL:

- Westfield High School Basketball Camp
Boys/Girls 703-488-6400
- Oakton Girls Basketball Camp (703-319-2805)
- All Star Team Camp (703-319-2805)
- Herndon H.S. Boys Camp (overtimecamps.com)

OTHER:

- Dulles Youth Sports (dullesyouth.com)
- Vienna Youth Inc. (VYI.org)
- Southwestern Youth Assoc. (syasports.org)
- Central Loudoun Youth Football (CLYFL.org)
- Chantilly Youth Association (Chantillyyouth.com)



For more information contact:

Rob Rose
President

rrose@trueap.com

703.996.3500
www.TrueAP.com

WHERE TRUE ATHLETES TRAIN

Call today for prices
and available discounts **703-996-3500**

Every athlete has the desire to be the best. With True Athlete Performance, they can improve their maximum potential through hard work, dedication, and a focus on proper form and technique. Founded in 2009, True Athlete Performance boasts a management team with over 25 years of experience and an exceptional staff of trainers with degrees and experience in the field of sports performance enhancement. No matter what sport an athlete plays, True Athlete Performance specializes in teaching them how to move efficiently with power and precision, skills needed in any sport. Our programs have been specifically designed to work with athletes of all ages and skill levels to improve performance and ability.

SUMMER PROGRAMS

ATHLETE TRAINING: SPEED, AGILITY & QUICKNESS

This progressive athlete camp is designed for any athlete who wants to improve his/her speed, agility, quickness, vertical jump, confidence and more.

- **TRUE YOUTH ATHLETES** Ages 7-11
- **TRUE ATHLETE** Ages 12-15
- **TRUE ELITE ATHLETE** Ages 16+

All camps may be designed for your team!

DISCOUNTS AVAILABLE:

Team training; multi-sessions or refer a friend/sibling. Each program level will have their own True AP Staff instructing.

DAYS & TIMES:

Monday-Friday from 9am-12pm

REMEMBER: TrueAP can TRAVEL to your field and conduct a Personal Team Camp

SUMMER SCHEDULE

CHOOSE FROM 2 TRAINING SITES!

Hoop Magic Sports Academy

14810 Murdock Street, Chantilly, VA 20151

Frederick Sports Plex

1845 Brookfield Court, Frederick, MD 21701

DATES:

July 13-17
July 27-July 31
August 3-7
August 10-14
August 17-21
August 24-28

TIME:

9am-12noon
9am-12noon
9am-12noon
9am-12noon
9am-12noon
9am-12noon

***Camps are available from 1-4pm.*

TRUE TEAM TRAINING All Ages!

6 or more athletes to start a group. Work with a trainer to improve the following:

- Speed, agility, quickness, reaction, power
- Strength
- Aerobic/Anaerobic endurance
- Sport-specific skills
- Nutrition
- Core strength and joint stabilization
- 90 minute sessions

REMEMBER TrueAP can TRAVEL to your field and conduct a Personal Team Camp

www.TrueAP.com-703-996-3500

YEAR ROUND PROGRAMS

TRUE Youth Athlete (Ages 7-11)

- Basic speed, agility and quickness
- Introduction to strength training (bodyweight)
- Core strength and joint stabilization
- 75 minute sessions

As low as \$140/month! (3 days/week program)

TRUE Athlete (Ages 12-15)

- Speed, agility and quickness
- Introduction to strength training (freeweights/machines)
- Core strength and joint stabilization
- ACL Program (female athletes)
- 90 minute sessions

As low as \$240/month! (3 days/week program)

TRUE Elite Athlete (Ages 16+)

- Advanced speed, agility and quickness
- Advanced strength and power training
- Core strength and joint stabilization
- CL Program (female athletes)
- 90 minute sessions

As low as \$240/month! (3 days/week program)

TRUE Adult Bootcamp (Ages 18+)

- Cardio-based speed, agility and quickness
- Functional strength training
- Core strength and joint stabilization
- 60 minute sessions

As low as \$120/month! (2 days/week program)

TRUE Boxing Fitness

- Cardio-based speed, agility and quickness
- Functional strength training
- Core strength and joint stabilization
- Basic punches and combos
- Basic defenses
- 60 minute sessions

Group Training - unlimited classes (12 possible)
- Only \$40/month!

"Knockout" Package - (includes 4 personal training sessions and group training) - \$250/month!