Camp Application

Application must be completed and sent along with FULL payment to the camp for enrollment. No deposits will be accepted. Confirmation letter and health forms will be sent afterwards.

CAMPER'S NAME:

Last _____ First _____ MI _____

ADDRESS:

Street _____

City _____ State _____ Zip _____

Grade in Fall (2010): _____ Age: _____ Sex: _____

Telephone: _____ Cell Phone: _____

Name of School: _____

Please make checks payable to the:

College of Mount Saint Vincent

Attn: Brian Nigro

In accordance with NCAA regulations, a high school student's expenses must be paid by the student's parent or legal guardian. No third party payment will be accepted.

PAYMENT AND REGISTRATION CAN BE SENT TO:

COLLEGE OF MOUNT SAINT VINCENT

ATTN: Brian Nigro

6301 RIVERDALE AVENUE

BRONX, NY 10471

Questions? Please contact Tina Prickett

Phone: (856) 371-9384 or

Email: tina.prickett@mountsaintvincent.edu

COLLEGE OF MOUNT SAINT VINCENT
SPEED & AGILITY CAMP
6301 RIVERDALE AVENUE
RIVERDALE, NY 10471

COLLEGE OF MOUNT SAINT VINCENT

SPEED & AGILITY DAY CAMP

JULY 6-9, 2010

MOUNT SAINT VINCENT SPEED & AGILITY CAMP

Mission Statement

The Speed & Agility Camp is to enable every athlete to reach his or her potential using natural, scientifically based training methods.
Specifically, the camp is focused on helping the athlete develop the five building blocks of superior athleticism:

- Speed
- Power
- Agility
- Reaction
- Quickness

Sample Daily Schedule

- 10 min. Dynamic Warm Up
- 25 min. Agility Work
- 20 min. Plyometrics & Injury Prevention
- 15 min. Strength
- 15 min. Core Building
- 25 min. Sprint Mechanics
- 10 min. Cool Down and Stretch

WWW.MOUNTSAINTVINCENT.EDU

Camp Information

Price : $150

Tuesday-Friday 10am-12pm
July 6th-9th $150.00

We are accessible from public transportation. The College of Mount Saint Vincent is located in suburban Riverdale, NY, and just 12 miles from midtown Manhattan. Campers may take the NYC Subway IRT #1 train uptown to the 231st Street stop, and then take MTA City bus #7 or #10 to the campus gate. Campers can also take the BxM1 or BxM2 Riverdale Express buses from midtown and lower Manhattan, east and west sides, to the College gate. For information and schedules, please refer to the MTA train/bus schedules.

Coach Tina Prickett

BS Sports Medicine, BA Physical Education, CSCS, NCSA, CPR

Tina Prickett has been in the sports performance field for the past 7 years. She is a Long Island Graduate and two sport Division I athlete in Soccer and Lacrosse. A Nationally recognized Certified Strength and Condition coach, Tina spent the last year at Chelsea Piers Bluestreak, a sport performance training center in NYC. There she trained professional athletes from the NY Titans, NY Red Bulls, and the NY Magic. In addition to other dedicated athletes who range from 10-78. In 2007-2008 Tina also served as Assistant Women's Lacrosse coach at Columbia University and Assistant Soccer Coach at the College of Mount Saint Vincent, and currently is the head coach of the women's lacrosse team at the College of Mount Saint Vincent.