

Camp Director

MARK HENSCHEL,

Certified Strength & Conditioning Specialist (CSCS)

Athletic Experience

- Tallahassee Scorpions Eastern Indoor Soccer League (1997)
- University of Wisconsin-Oshkosh Varsity Soccer (1993-1996) (4-year starter with NCAA Final Eight finish in 1993 and Final Four finish in 1994)

Strength & Conditioning Experience

- Certified Strength & Conditioning Specialist
- Fourteen years of weight training
- Ten years of performance enhancement training

Co-Director

KATIE HENSCHEL

Masters Degree in Physical Therapy (MPT)

Licensed Athletic Trainer (LAT)

Certified Strength & Conditioning Specialist (CSCS)

Strength & Conditioning Experience

- Six years of Orthopedic Physical Therapy Experience
- Eleven years of Athletic Training Experience
- Nine years of performance enhancement training experience

Our Mission

Upper 90 Elite, LLC strives to help athletes develop outstanding athletic ability and to achieve their athletic potential by making them stronger, faster, quicker and more powerful.

The athletic gains also create greater confidence and motivation, which give the athlete an additional edge to outperform an opponent.

Exceptional athleticism can often be the ingredient that allows an athlete to excel above all others. A quicker first step, a faster change of direction or a more powerful jump can be the difference between a good player and a great player. That superior performance can be obtained through proper speed & agility training.

Value Proposition

We are athletic performance training advisors offering athletes sport specific preparation with unmatched service to help them exceed their goals.

Camp Focus

Balance

Balance is the key to every athletic movement. We use various exercises and drills to enhance the balance needed for your specific sport. This will allow for efficiency of every movement.

Structural Strength

Abdominal, lower back and hip strength is vital for great balance and stability. Our custom designed exercises work all of these regions for better stability to facilitate more efficient movement.

Speed/Running Form

Fast, efficient strides help in increasing top-end speed. We focus on creating an efficient stride by limiting wasted motion and using the entire body as a driving unit to limit ground contact time. Through a quicker step and longer stride, top speed is enhanced.

Acceleration

Acceleration is one of the most important abilities in multi-directional sports. We strive to make every athlete explosive right from the first step with proper body positioning and a quick, powerful stride.

Change of Direction

Quicker turns and change of direction is essential and partners with acceleration for great athleticism. We enhance turning speed through proper body mechanics, strength and power.

Power

Our power exercises and drills isolate certain muscles, joints and movement patterns to complement any sport to increase jumping and sprinting ability, while decreasing the risk of injury.

Camp Program

The camp programs are typically eight weeks long. This timeline can be adjusted depending on facility availability and the length of your off-season.

Camp Sessions

Each session is approximately one hour in length and is normally performed 1-2 times per week depending on the age and level of the athlete.

Camp Locations

Outside training can be held at any local track or field. Winter training can be held at any local gym or indoor facility.

Camp Price

\$160/athlete for an 8-week program (training once/week) Individual and team rates are negotiable. Form your own group for more fun, added challenge and reduced cost!

Other Services

Weight Lifting Programs

Weight lifting programs are the ideal way to complement the speed & agility camp, and can be provided at an additional cost. Our weight lifting programs are specifically designed for each athlete to fit their schedule to complete on their own time. We provide the proper exercises with the number of workouts per week, number of sets, repetitions and weight for every exercise over a six-week period. We take all of the guessing out of your weight lifting program!

The incredible strength gains realized from the weight lifting programs will produce the added stability and athleticism to build greater dominance over any opponent.

Performance Testing

Coaches, how would you like to know for a fact which of your athletes possess the best athletic ability for your sport at tryouts?

We can help!

Using our laser timing system and our sport specific battery of tests, we will help you choose the most functional tests for your sport, come to your tryout to administer the tests and help you evaluate the results.

This will help you determine which athletes have the best athletic tools for you to build the necessary sport skills as you select your final roster.

Call today to inquire about how we can take some of the guessing out of your player selection!

Seminars

We offer seminars for coaches, parents and athletes that can cover any topic related to performance enhancement or injury prevention that would interest your school, club or team.

Most seminars are approximately one hour in length and we can cover multiple topics at one gathering if you choose:

The following are some of the topics of the most interest:

- Pre-game and Post-game Preparation & Stretching
- ACL injury risk reduction
- Reacting & Accelerating
- Speed for my sport

We look forward to sharing our ideas to help prepare your athletes to play and improve performance through superior athleticism.

The Inspiration

"The harder you work, the harder it is to surrender"
--Vince Lombardi

Camp Goals

- Faster top-end speed
- Increase lower body power for a more explosive stride and jumping ability
- Quicker acceleration
- Enhanced deceleration
- Faster cutting & turning ability
- Better balance and "core" strength & stabilization
- Decrease risk of injury
- Have Fun!!

Training Session Design

Training sessions are strategically designed for specific age groups and abilities. Experience will impact on the athlete's progression through the levels of training.

Beginner athletes or individuals under the age of 13 will focus on balance, running form, strength building, agility and foot quickness.

Intermediate athletes ages 14-16 will continue the beginner's focus plus an introduction to low-level plyometric exercises and power & explosion exercises.

Advanced athletes or individuals over 16 will include the intermediate's focus and progress to advanced plyometric exercises and a greater focus on power & explosion.

What should I bring to each session?

Athletes should wear comfortable athletic apparel, including supportive athletic shoes (cleats for training on grass). A water bottle is recommended.

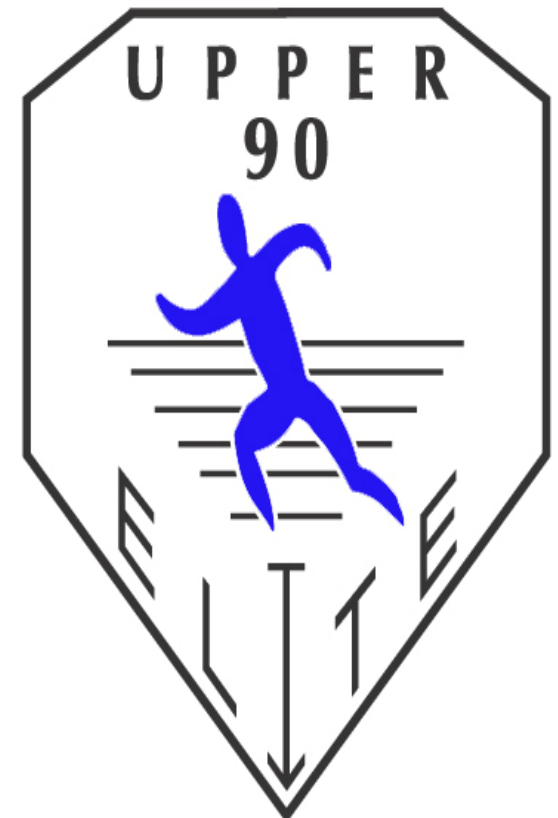
Contact Us

For further information on any of the services we offer, please feel free to contact us!

Visit our website: www.upper90elite.com

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SPEED

POWER

AGILITY

**ATHLETIC
PERFORMANCE ENHANCEMENT
TRAINING SYSTEM**

"Turning hard workers into exceptional athletes"