

## FUZION ATHLETICS INDOOR CAMPS – FALL and WINTER 2011/2012

### The Program...

**Fuzion Athletics, Inc.** has opened its own building as a Track and Field Training Center in Burnsville MN. We can now offer you even more! In previous years we had to work around both limited space and limited time. This is our 2<sup>nd</sup> year in the new building and 6<sup>th</sup> year doing indoor camps.

Now we offer training for Track & Field events such as **High Jump, Shot Put, Discus, Long and Triple Jump, Sprint and Speed training, Starting Block work, Hurdles, and POLE VAULT.** We have now been given full access to our facility and are very excited to be at your disposal this season. From now on we will run all of our camps in our indoor facility.

NO more being too hot or too cold. NO more rain or snow. NO more bees or mosquitoes. 65-75 degrees all the time. We can be open 24/7, 365 days a year. You can even shower or check your email. All athletes will have access to our locker rooms, and all guests can log on to our free wi-fi.

We will be offering five months of training sessions on Sundays, Mondays, Wednesdays, and Fridays for athletes of all ability levels. (If PV training fills we will add Tuesdays and Thursdays) Every event has different start dates and times, please look at each events start dates and times as shown below. As the season approaches more times and dates will open.

Every athlete that comes to our camps will learn about the basics as well as the latest drills and training techniques. Our goal is to make sure every camper leaves with an understanding of how to train properly to reach their full potential. EVERYONE, at any skill level, is welcome!

Some great perks of being involved in a Fuzion Athletics Camp is that you will receive outstanding coaching, and you will meet world class athletes from across the country! You will be using high performance equipment and technology, and have access to a highly educated and talented coaching staff. Best of all you will meet world class athletes. They tend to spot by and key up on they still as well.

Each Athlete will receive their own T- Shirt and training log, but most importantly, everyone will be part of a positive track and field experience created by not only coaches, but fellow athletes. Many of our campers have become lifelong friends through there experience in our camps.

At Fuzion Athletics we have our own pits, runways, implements, ropes, standards, and over 300 vaulting poles along with all the training equipment that you would need to become the best. Did I forget to say we have our own BUILDING too?

Due to MSHSL rules you cannot jump on your schools poles or equipment in the off-season.

*\* We are not affiliated with any University, College or High School. We are a registered USATF Track and Field Club #30-0425*

The Fuzion staff understands that this is a hard time for everyone’s budgets. Let us know and we will do our best to help you set up a payment plan. We want to take athletes to the NEXT LEVEL. Let us help you!

## HOW TO SIGN UP FOR CAMPS

First you will need to pick your events. Then you need to decide how many months you will want to attend before the start of the H.S season (March 12<sup>th</sup>). You will pick how many days of the week you want to attend. And finally you will pick what day and time you want come. You can sign up **online** and send us payment via **paypal** or fill out the printable “**registration form**” with payment and mail it to us. \* We would prefer that you mail us a check. We will send you back an email when we receive registration of your camp. If you have question please email us at [info@fuzionathletics.com](mailto:info@fuzionathletics.com) \*You can find rates dates and times on the top of this page, just click on [Current Rates for 2011 / 2012 Year](#)

Here is the example:

Sundays		←← Pick your day of the week
A	Oct- 1, 9, 16, 23	
B	Oct- 30, Nov- 6, 13, 20	
C	Nov- 27, Dec-4, 11, 18	
n/h	XMAS, new years off week	
D	Jan- 8, 15, 22, 29	
E	Feb- 5, 12, 19, 26	
1	11am-1pm	A,B,C,D,E
2	1:15-315pm	C,D,E
3	330pm-530pm	D,E
4	6pm-8pm	E

**Pick your month or months that you can attend (a,b,c,d,e)**

→→

**B. is Oct- 1,9,16,23**

↑↑

**Pick your time of the day**

**1. is 11am to 1pm**

←← **Letters match the letter on months C,D,E are only offered with a start dated of Nov- 27**

## THE TRAINING CAMPS...

### Pole Vault Training

**(Sundays, Mondays, Wednesday) -See times we offer- \*If camps fill we will open Tuesday and Thursdays**

This is one of our most popular camps, pole vault training is based on a progression that we carefully designed to develop athletes of all abilities and ages. Athletes will follow a guided schedule that our experienced coaching staff feels will help them reach a peak performance for the High School Conference, Section, and State Meets. Every vaulter will build a sound foundation of fundamentals (both for safety and success), and before moving on to the next level of the vault (approach length, etc.), each vaulter will be asked to demonstrate basic skills to the best of their ability. Fusion Staff will guide Athletes through everything from Olympic level warm up routines to unique vault drills developed all over the world. We believe learning how to perform all drills at a high level will allow athletes to approach the upcoming season with a strategy for success. *“We strive to underscore fundamentals and correct long term problems in order to produce consistent results. Other camps and coaches will settle for an easy fix by going to a longer run and grabbing a bigger pole, but this will not lead to consistent results through the high school season. When the time comes to move the run back and grab the bigger poles, our vaulters consistently get on bigger poles and vault higher bars.”*

Pole Vault has always been the corner stone of our company. We have pole vault training and camps running almost all the time, and had over 180 kids a week coming by and training with us last winter. Some training days and times will not be offered until the first camps are full. Don't wait to sign up. We will “NOT OPEN” Tuesdays, Thursdays and Fridays until Sundays, Mondays, Wednesday, are FULL. Don't wait to sign up hoping something will open. We will try to help get you in to train, but we will not open new days and time slots unless we can fill the additional camp to 5 athletes.

We will fill our camps to no more than 11 athletes. We will have 2 coaches at our vault sessions and 1 coach at our other track and field events. The reason we limit camps to 11 athletes is that in our past experiences we find that someone is always gone, our training session work best when we have full camps because recovery is very important. When an athlete trains alone they tend to do “too much to fast” and have a lower quality session due to physical energy lost or wasted without proper rest. With that said we have a 1-5 ratio in our pole vault camps for attention and safety, so if need be we can break groups up so athletes can work on their weakness.

We are offering 5 months of Pole vault training. Athletes can pick how many months and days per week they would like to attend. It's really simple! The kids that attend more get more hours on the runway. Our most popular camps are listed next to the pricing schedule.

**Thursdays** at 6-8pm we offer a training time for our Master vaulters (19 years or older) No exceptions.

# Elite Pole Vault Camp

*(Mondays, Wednesdays, Thursday and add Fridays in Feb)*

*Speed/lifting Mondays 5-7pm, Thursdays (you pick time 5-6:45pm or 7-8:45pm) Vaulting on Wednesdays at 5-7pm and Fridays at 5-7pm*

We are setting a high standard for this camp: Boys jumping 13' or higher and Girls jumping 10' or higher. We can make exceptions to who we let in this camp based on past camp attendance, skill level, and work ethic from passed years or after a trial practice with our staff. (If you feel you are an exception please email us)

*This camp has two start dates ( **October 1st and December 5th** )*

We will meet 3 days a week (Mon, Wed, and Thurs) and then Fridays will be added in February. The program will employ weight lifting, speed work, drills, vaulting, plyometrics and conditioning in order to take a well rounded approach to develop the athlete as a whole. Vaulters will work with our in house strength and weight conditioning coach along side of our vault coaching staff. Athletes that attend this camp will get stronger and faster, and they will become some of the best vaulters in the state. This will be the most desirable camp for the vaulter that really wants to reach the next level of performance.

How this camp works? **Monday:** Vaulters will work on speed and strength and some fundamental Pole Vault running mechanics and some basic drills on the pit from 5-7pm, **Wednesdays:** We will work on pole vaulting skills and drills, and as we progress the vaulting will become more intense from 5-7pm. **Thursdays:** We will be in the weight room continuing to become faster and stronger. Athletes will have a choice to pick from two time frames on Thursday (5-6:46pm or 7-8:45pm) *\*must pick in the start of the training.* This way the vaulters will get to work with other track athletes attending the speed training sessions. In February we will add a fourth day. **Friday:** Training will become a full session of pole vaulting from long approaches from 5-7pm. This is a progression base camp. We will have athletes ready to perform at a top level in March and will set them up on a goal to peek at the section and state meet.

The reason for two start dates is because we strongly believe in the benefits of being a multi sport athlete. If you do a fall sport, sign up for the second start date. If you only do track and are interested in becoming a college athlete, this camp is a great preview of a college training cycle.

## Youth Track Program *(Ages up to 6<sup>th</sup> grade)*

### ***Saturdays (noon-2pm)***

We are very excited about this program! This is a new opportunity for the Fuzion Athletics Staff to pass its love for track and field on to youth athletes. Kids will learn basic track and field skills that will not only instill a love for fitness but also help develop transferable skills that benefit all types of young athletes. Every athlete will have the opportunity to train in long Jump, triple jump, pole vault, shot put, discus, hurdles, and sprints. Our HS staff will assist our coaching staff in order to ensure each athlete gets the help and support they need. Training will be 2 hours on Saturdays from noon till 2pm. This program will have at least 4 opportunities to compete with USATF winter meets hosted at a local indoor college track. We will have uniforms and shirts for sale this winter. This program will continue this summer with a traveling track and field team. Athletes will compete in their respective age groups and have a chance to compete at USA Youth nationals, AAU Nationals, and other great meets! This program is open to all levels of kids, from beginner to stud. **OUR GOAL IS FOR ALL THE KIDS TO HAVE FUN AND GO HOME EXCITED!!!**

## High Jump Training

### ***(we have not set a date for this camp yet)***

Our HJ training is a one day a week camp. Athletes will work on all skills to reach their potential. We have all the state of the art tools that you will need to become great: starting off with our live recording system! It records the whole time you're at practice, and at anytime you can go back and break down your jump without missing a beat. We have a brand new set up, standards, and pit.

If you want to take your speed and strength training to the next level, we offer speed and strength days where you will work with other track and field athletes on becoming stronger and faster. (Just sign up for one or 2 more days a week)

## Speed Training Program/ Track and Field Based

**This can be added on to any event camp or can be used for speed camps.**

### **Mondays, Tuesday, Thursdays- Times: (5pm-6:45pm) or (7pm-8:45pm)**

Work with our in house Strength and Conditioning Coach. We are offering this program 3 days a week. Sign up for all 3 or just 1. If you don't do a field event and just want to become a better sprinter, you will develop your event's skills: starting blocks, lifting, plyometrics, speed work, and conditioning. Add this to any of our camps. This might be the most important camp we have ever offered. If you're doing a skill camp then add strength and see what you can become.

We currently have a handful of kids coming in at 5am! If you're interested in working out before school. Contact us for more info:

## Private Coaching

**(Email us to set up dates and time)**

Since this is pre-season and we are operating at full capacity and have limited space in our gym, we can only offer private coaching on our time (*this is based on weekly schedule*). Email us to set something up if you feel that one on one is a better program for your needs. You can work on whatever you want in practice, or let our staff help you take your event to the next level. We will make arrangements with our coaching staff, so all you have to do is show up. You can also pick what coach you would like. ([info@fuzionathletics.com](mailto:info@fuzionathletics.com))

## Throwing Training

***(Sunday 11am-1pm –as of now this will be the only time offer for thrower)***

Our throws training will be held on each Sunday starting in October from 11am-1pm. In November we will be adding more days. Private Coaching is also available at all times during the off-season.

During training sessions we will break the throws down into specific movements that all levels of throwers can improve upon quickly. In addition to working on your throwing technique, we will incorporate elite instruction in stabilization, strength, plyometrics, conditioning and mental aspects of throwing in each session.

Throws based Weight Training and Speed Work is also being offered with our in house Strength and Conditioning Coach. Please sign up for 1 or 2 days a week program.

Our Throws Coach, Nick Gruys, is excited to work with big or small, young or old throwers achieving personal bests and getting "Big Throws."

## Triple Jump and Long Jump Training

"more coming soon"

## Hurdle Training

"more coming soon"