

# PERFORMANCE PLUS

at

## HAVERFORD COLLEGE



**Summer Camps**  
June 22-25 or June 29-July 2  
6:30 p.m. to 9:30 p.m.

**For Male & Female Athletes of All Sports**  
*Rising High School Sophomores  
to College Freshmen*

370 Lancaster Ave. • Haverford, PA 19041



Contact Info:

Cory Walts • [cwalts@haverford.edu](mailto:cwalts@haverford.edu) • 610-795-7014

## COACHES



### Cory Walts

Camp Director

Head Strength and Conditioning Coach

Haverford College

Cory Walts currently designs and implements yearly training programs for the majority of Haverford's 21 varsity sports. Prior to starting at Haverford in 2007, Walts graduated from the University of Maryland-College Park with a Master's Degree in Kinesiology while at the same time working as a volunteer assistant for the Terrapins' strength & conditioning program. Walts has also interned with the Buffalo Bills of the NFL and Cornell University, helping implement their strength & conditioning programs. Walts is a certified Strength and Conditioning Specialist and Health Fitness Instructor, American Red Cross CPR/First Aid and AED certified, and a member of the National Strength & Conditioning Association. Walts graduated from Ithaca College (N.Y.) in 2005 with a major in clinical exercise science while playing varsity football for four years.



### Justus Galac

Head Football Strength and Conditioning Coach

Villanova University

Justus Galac recently completed his fourth year on the Villanova staff. After serving as both a defensive assistant and strength & conditioning coach for 2005-07, Galac functioned strictly as the team's strength & conditioning coach for the past two years. Prior to Villanova, Galac coached football at Dickinson College from 2003-04 where he was a graduate assistant coach in charge of the defensive line and the team's strength training program. He began his coaching career at his alma mater, SUNY College at Brockport, as a student assistant in 2002 after serving as team co-captain his senior year in 2001.



### Ken Clark

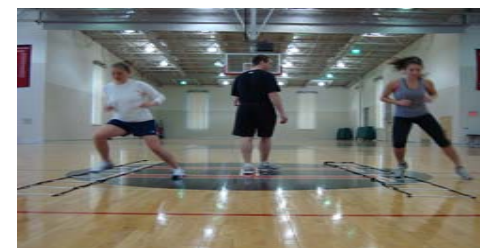
Performance Coach, Summit Sports Training Center

Ken Clark has been a Performance Coach at Summit Sports Training Center in West Chester for the last three years. At Summit, Clark is responsible for developing and implementing the speed, agility, plyometric, and strength training programs for athletes of various ages and abilities. From 2003-05, Clark coached at Dickinson College, where he was an assistant football coach and directed the speed and agility training for the college's Football, Baseball, and Lacrosse teams. Clark is a Certified Strength and Conditioning Specialist, a certified Sports Performance Coach through USA-Weightlifting, and is near completion of his Master's Degree in Exercise Science from West Chester University. Clark is a 2003 graduate of nearby Swarthmore College where he was a two-time All-Centennial Conference selection at running back.

## CAMP PHILOSOPHY AND PROGRAM

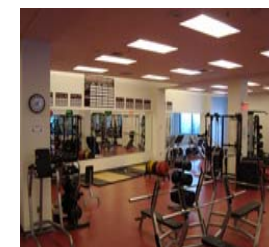
The goal of Performance Plus is twofold. Utilizing proven teaching methods, we will provide campers with a fundamental training base that will reduce their risk of injury and improve their overall athletic performance. Secondly, we will deliver advice on the college recruiting process to teach the campers how to best "market" themselves to the college of their choice.

Each day the knowledgeable and experienced coaching staff will lead campers through a progressive series of exercises and drills designed to improve speed, agility, strength, power, and total body coordination. Additionally, daily guest speakers (i.e. college coaches, admissions representatives, recruiting advisors), will teach campers how to navigate the college recruiting process and maximize their appeal. Performance Plus will culminate with a combine preparation day where instruction will be given on how to produce a peak performance in testing situations. Finally, campers will be given a summer training program based on the skills learned during the week.



## CAMP LOCATION AND FACILITIES

The Performance Plus camp will be located at the athletic facilities at Haverford College in Haverford, PA. The recently completed Swan Field has a synthetic turf surface used by several professional and major collegiate programs throughout the country. The Arn and Nancy Tellem Fitness Center is a 7,200-square-foot facility that includes free weights, Olympic lifting platforms, and cardiovascular and strength training machines. The Alumni Field House is a 58,000-square-foot facility that houses the Gary Lutnick Tennis & Track Center, including a six-lane 200-meter track.



## DIRECTIONS

<http://www.haverford.edu/visiting/gettinghere.php>

## APPLICATION

Name:

Address:

City, State, Zip:

Phone Number:

Email:

Date of Birth:

Gender:

High School & Grade Entering Fall 2009:

College Attending Next Year (if applicable):

Sport(s) (circle those you plan to play in college):

Explain Past Training History:

I would like to attend the following:

Week 1 (June 22-25)

Week 2 (June 29-July 2)

Full Individual Price :

\$150.00/week

Individual Price Paid by 5/1/09:

\$125.00/week

Team Rate (groups of 5+) Per Person:

\$100.00/week

Please make checks payable to:

**Performance Plus**

Send completed form and check to:

Haverford College

Department of Athletics c/o Cory Walts  
370 Lancaster Ave. • Haverford, PA 19010

## MEDICAL INFORMATION

Parent/Guardian Name:

Phone:

Email:

Emergency Contact Name & Phone:

Family Physician Name & Phone:

Medical Insurance Company:

Policy #:

Group:

Policyholder's Name:

Allergies:

Recent Injuries and/or Restrictions:

\*A physical within 6 months is required. Upon receipt of the application, a form for your doctor to fill out will be emailed to the above address along with payment confirmation.

## WAIVER

I hereby certify that my son/daughter is in good health and has my permission to participate in the Performance Plus camp and all of its activities. I understand the risks associated with participation in physical activity and I authorize all medical and hospital procedures as may be performed in the case of an emergency. Performance Plus camp, its director and staff, and Haverford College are not responsible for any accident, injury, medical/dental expenses or any other expense incurred as a result of my son/daughter's participation in the camp.

Parent/Guardian Signature

Date