



2018 SUMMER
SPORTS PERFORMANCE CAMP
CREEKSIDE HIGH SCHOOL

JUNE 4, 2018 – JULY 27, 2018

TRAINHEROIC

**HAMMER
STRENGTH**



PLAE



CAMP INFORMATION

Ages: High School (9th – 12th) Student-Athletes

Dates: June 4 – July 27 (excluding week of July 2nd)

Days: Monday, Tuesday and Thursday

Time: 10:00 AM to 11:30 AM

Cost: \$150 (includes shirt)

Make checks payable to Gumble Performance Systems, LLC

Limited to the first 45 student-athletes

[Click here to reserve your spot for the 2018 GPS Sports Performance Camp](#)

The 2018 GPS Sports Performance Camp will prepare the student-athlete to dominate their chosen sports by using many methods to train strength, power and speed in order to improve the potential for performance and reduce the incidence of injury. They will learn to perform the Olympic lifts (snatch and clean & jerk) and their variants safely and effectively. Weightlifting training has unmatched benefits that will help athletes develop strength and power!

SAMPLE TRAINING SCHEDULE

Cumulative Time	Component of Training	Example
0 – 10 min	Coaching Instruction	-
10 – 20 min	General Warm-Up	-
20 – 30 min	Specific Warm-Up	-
30 – 40 min	Skill Set 1	Hang Clean Pull
40 – 50 min	Skill Set 2	Hang Power Clean
50 – 60 min	Skill Set 3	Back Squat
60 – 70 min	Skill Set 4	Push Press
70 – 80 min	Remedial Exercises	Abdominal Work
80 – 85 min	Cool Down	Stretches/Foam Roll
85 – 90 min	Session Review	-

UNMATCHED BENEFITS OF WEIGHTLIFTING TRAINING FOR SPORTS PERFORMANCE

- ✘ Ground Based and Functional
- ✘ Multiple Joint Actions
- ✘ Develops Trunk Stability and Kinesthetic Awareness
- ✘ Generate Hypertrophy and Neural Adaptations
- ✘ Enhances Flexibility
- ✘ Improved Ability to Promote Force Attenuation

Donnie Gumble, CSCS, USAW

Strength and Conditioning Coach

Coach Donnie Gumble is in his second year as the Strength & Conditioning Coach at Creekside High School. Prior to Creekside, Coach Gumble served as an Assistant Strength & Conditioning Coach at Butler University and Mercer University, where he coached many conference champion student-athletes. He is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association as well as a USA Weightlifting Level 1 Sports Performance Coach.

Coach Gumble was a student-athlete at St. Augustine High School ('07) where he started on the 2006 State Championship football team and was a 2007 Sectional runner-up in the 183 lb division for boys weightlifting.

FOR MORE INFORMATION

Contact: degumble@live.com

One-on-one/group training may be available upon request.

GPS Sports Performance Camp Waiver and Release

Please print clearly | Must be notarized and submitted, in person, or mailed to:

Gumble Performance Systems, LLC | 1217 Maclaren Street, St. Augustine, FL 32092

The purpose of this Agreement is to enable parents and students to give informed consent for a student to participate in the **GPS Sports Performance Camp** at Creekside High School and to confirm the agreement of the student and the parents regarding assumption of risks, waiver and release of liability, and indemnification, as a condition of the student's participation in the **GPS Sports Performance Camp**. This agreement also provides consent regarding photographs, publication and media coverage of the **GPS Sports Performance Camp**.

RISKS: I agree and understand that there are risks (some known and others unknown or unforeseeable) ranging from minor injury to death associated with participation in the **GPS Sports Performance Camp**. These risks include the possibility of very serious injuries which can occur for a variety of reasons and under a variety of circumstances related to the **GPS Sports Performance Camp**. Such risks include, but are not limited to, the risks of injury; disability; paralysis or even death resulting from causes including, without limitation, facility conditions; actions of other attendees; weather; improper techniques; hazards inherent in summer camp; improper or malfunctioning equipment; improper or inadequate training; and negligence of Gumble Performance Systems employees, volunteers or others of the Releases identified below.

INSURANCE: All students choosing to participate in the **GPS Sports Performance Camp** are required to be covered by personal medical/accident insurance. **As a condition of participation, Gumble Performance Systems requires all students choosing to participate in the GPS Sports Performance Camp to have medical/accident insurance coverage providing, at a minimum, benefits covering medical services, hospitalization and related services, medications, equipment, etc.**

Student-Athlete Name: _____ Primary Phone: _____ Birth Date: _____

Grade (Fall 2019): _____ Home Address: _____

Guardian/Parent Name: _____ Guardian/Parent Day Phone: _____

Additional Guardian/Parent Name: _____ Guardian/Parent Day Phone: _____

Email Address: _____ In Case of Emergency, Call: _____

Insurance Carrier: _____ Group or Policy #: _____

Name of Student-Athlete's Physician: _____ Phone Number of Physician: _____

I confirm that my child/ward has current medical/accident insurance coverage and that such coverage will be maintained for the duration of my child's participation in the **GPS Sports Performance Camp**.

I confirm my understanding and consent that by participating in the **GPS Sports Performance Camp**, my child/ward may be photographed, identified and/or interviewed by people providing information for school publications or the media. I give my permission for Gumble Performance Systems and Creekside High School to publish, on its website or in school publications, photographs and other information which may identify my child/ward related to my child's participation in the **GPS Sports Performance Camp**.

EMERGENCY MEDICAL TREATMENT: I give my permission to **Gumble Performance Systems** staff to make decisions regarding emergency medical treatment for my child/ward in the event that neither of the child/ward's parents can be reached at a time when any such decisions need to be made, and I hereby consent to emergency medical treatment, hospitalization or other medical treatment as may be deemed necessary for the welfare of my child, in the event of injury or illness while my child/ward is participating in the **GPS Sports Performance Camp**. I confirm that my child/ward is healthy and able to participate in the **GPS Sports Performance Camp** and have had the opportunity to consult with a physician on this subject if I chose to do so.

PERMISSION AND RELEASE – READ CAREFULLY BEFORE SIGNING:

Realizing that there are risks inherent in any Gumble Performance Systems **Performance Program**, and in consideration of my or our child/ward's being allowed to participate in the **GPS Sports Performance Camp**. I/we agree to assume all risks (whether known or unknown) of participation in the **GPS Sports Performance Camp**, to release and hold harmless Gumble Performance Systems, with its employees, coaches, volunteers, trustees and other agents (collectively, the Releasees), from any and all claims, liabilities and damages relating to any injury, sickness, death or destruction of any property which may arise out of, result from or be in any way connected with the participation of my child/ward in the **GPS Sports Performance Camp**, other than claims, liabilities or damages based on the gross negligence of Gumble Performance Systems or its employees. In addition, I/we agree to indemnify and hold the Releasees harmless from any and all claims for injuries or property damage brought on behalf of myself or our child/ward or alleged to have been caused by me or by our child/ward while our child/ward is participating in the **GPS Sports Performance Camp**.

I/WE HAVE READ THIS PARTICIPATION, ASSUMPTION OF RISK, WAIVER AND RELEASE OF LIABILITY, AND INDEMNIFICATION AGREEMENT; FULLY UNDERSTAND ITS TERMS; UNDERSTAND THAT I/WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT; AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT (OTHER THAN THE OPPORTUNITY TO PARTICIPATE IN THE **GPS SPORTS PERFORMANCE CAMP**, ASSURANCE OR GUARANTEE BEING MADE TO ME/US. I/WE INTEND MY/OUR SIGNATURE(S) TO EFFECT A COMPLETE AND UNCONDITIONAL RELEASE AND WAIVER OF ALL LIABILITY, INCLUDING ANY NEGLIGENCE OF THE RELEASEES IDENTIFIED IN THIS AGREEMENT, AND TO INDEMNIFY THE RELEASEES, TO THE GREATEST EXTENT ALLOWED BY LAW.

Parent/Guardian Name (Please Print)

Parent/Guardian Signature

Date

Sworn and ascribed before me on this _____ Day of _____ in the Year _____

Signature of the Notary Public (AFFIX SEAL)