



3RD ANNUAL

Elite Athlete Training Program

This program is designed to build and improve athletes and to help them reach their peak performance in all fields of athletic ability. The program works to increase the athlete's strength, speed, endurance, flexibility, and agility, while working with some of the most talented and experienced individuals in West Texas. Instructors are former college coaches, college All-Americans and professional athletes.

Speed Enhancement Drills ★ Power Rope Training ★ Endurance Training
Flexibility Drills ★ Strength Training ★ Dynamic Form Drills
Change of Direction Drills ★ Total Body Explosion Drills ★ Agility Drills

Divisions: Elite (9th-12th grade)

Jr. Elite (6th-8th grade)

Date: June 12 - July 28

Little Elite (3rd-5th grade)

"We are what we repeatedly do.

Excellence then, is not an act, it is a habit."

-Aristotle

2017 Elite Athlete Training Program REGISTRATION

ATHLETE'S NAME: _____ GENDER: M or F

D.O.B: _____ AGE: _____ SCHOOL: _____ GRADE: _____

ADDRESS: _____

Primary Contact's Name: _____

Cell PHONE #: _____ Cell Phone Carrier: _____

EMAIL ADDRESS: _____

Will be used solely for the use of communication between the YMCA and parents.

Alternate Contact NAME: _____

Cell PHONE #: _____ Relation: _____

Divisions

_____ Little Elite	\$65	Tues & Thurs	9:00 — 10:00(20+ hrs of training)
_____ Junior Elite	\$95	Mon, Wed, & Fri	8:30 — 10:00 (30+ hrs of training)
_____ Elite	\$95	Mon, Wed, & Fri	10:15 — 11:45 (30+ hrs of training)

T-Shirt SIZE: (PLEASE CIRCLE ONE)

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REFUNDS: Full refunds are available only upon cancellation of the program. Should a refund be requested prior to the first team meeting, a \$5 service fee will be accessed. If a refund is requested after uniforms have been ordered, a \$20 fee will be kept to cover expenses. *Refunds will not be processed until season begins.*

WAIVER: I hereby, for myself and my agents, waive and release any and all rights and claims which I may have, or which may accrue against the San Angelo YMCA and it's respective officers, agents, sponsors or any employees for any injury which may be suffered in connection with my child's participation in this activity. I hereby acknowledge that this program provides limited insurance and my own insurance may be used in case of an accident.

PARENT SIGNATURE: _____

DATE: _____

ELITE ATHLETE TRAINING PROGRAM

Summer 2017



AJ MOORE

- ◆ 30 yrs. coaching high school, college & professional athletes
- ◆ Coached over 100 college athletes to All-American honors
- ◆ Coached 10 athletes to NCAA National Champions or Olympic Trial qualifying marks, trained over a dozen NFL football athletes
- ◆ Certified USA Weightlifting Federation
- ◆ 3 time college All-American

QUINN BARFIELD

- ◆ Former Marine 2000-2008
- ◆ JUCO All-American Basketball—2004
- ◆ Personal Training experience—7 yrs. and worked with athletes that have gone on to college on athletic scholarships
 - ◆ AFA Personal Training and Nutrition Certification
 - ◆ ISSA Training, Nutrition and Group Fitness Certified
 - ◆ Former Arena Football Player



STACY DUFFELL

- ◆ 15 yrs. of NCAA Division 2 College Coaching
- ◆ Coached over 30 college athletes to All-Conference or All-American honors
- ◆ Dual-sport athlete in basketball and softball at the collegiate level, along with All-Conference honors
- ◆ Coached and participated on Conference and Regional winning teams
- ◆ Director of the Heart of Texas Basketball Camp for 12 years
- ◆ YMCA Sports Director

AVERY RIGG

- ◆ Conducted Speed, Agility & Quickness camps in California and Texas that have enrolled over 150 kids which have helped lead to athletic scholarships for some involved
- ◆ Personal training for 5 years - working with high school, college & pro athletes
 - ◆ NFL experience with New England Patriots, Cincinnati Bengals, Tampa Bay Buccaneers and Indianapolis Colts, along with Boston Brawlers of the FXFL and San Angelo Bandits
 - ◆ YMCA Fitness Director



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KACIE EASLEY

- ◆ Angelo State University Softball Team Member - starting catcher for four years - 2xNCAA All-American, 4xAll-Lone Star Conference Selection, 3xAll Region Selection, Holds ASU Records for Career Home Runs and Total Bases
- ◆ Weightlifting Records at ASU in Power Clean and Squat
- ◆ Conducted many team camps and individual lessons for conditioning and softball skill work
- ◆ Two years collegiate coaching experience and one year of middle school coaching

CHRYSTAL RUIZ

- ◆ Angelo State University Track and Field athlete - 7x All-American on a National Championship Team
 - ◆ 3x Mexican National Champion
 - ◆ Central & Caribbean Champion
- ◆ Pan American Games Qualifier and USA Championship Qualifier
- ◆ 5 years coaching collegiately and 1 year of High School Coaching



TERRELL LEE

- ◆ Former player of the Professional Indoor Football League
- ◆ Apart of the ASU football and track teams in college, playing both offense and defense
- ◆ Certified Personal Trainer along with working athletic training camps & fitness classes
- ◆ All-district in football and basketball, Regional qualifier in track & cross country, State qualifier in Powerlifting



KYLE PATTERSON

- ◆ Professional Arena Football Player with the San Angelo Bandits and other teams
 - ◆ JUCO All-American/All-State
- ◆ 1st Team All-Conference, 2xAll-Conference Selection, Team Captain & Participant in the All-American Bowl game in Mexico City, Mexico
 - ◆ 3xFirst Team All-Conference/All-Valley Selection in High School

