



Pre-Season Prep: Speed, Strength & Performance Camp

When: Monday and Wednesday beginning July 20 through Aug.12
Time: **Session I:** 12:30-1:15 **OR** **Session II:** 4:30-5:15
Where: Diamond Dreams Sports Academy
Who: Boys and Girls ages 10-16
Cost: \$125 for 8 sessions (Make Checks Payable to: Strength U)
(Turn in Completed Form & Payment to Diamond Dreams Main Office by Fri, July 17)
Minimum of 6 Campers per sessions with a limit of 15 to ensure quality

Instruction in: • *Speed Mechanics* • *Strength & Power Development*
• *Flexibility & Posture* • *Injury Prevention* • *Core Endurance*
• *Plyometrics and more! Ideal for ALL Athletes....*

Baseball, Softball, Football, Soccer, Basketball, Volleyball, Track

Make Sure You Are Ready for the Fall Sports Season!!

***Elite Strength & Performance Training with former University of Iowa
Director of Strength & Conditioning, and the Founder/Director of
Strength U, JC Moreau(15 years NCAA Division I Coaching
Experience)***

Contact JC Moreau at (479) 530-8254 or jc@get3Dfit.com
Or visit DDSportsAcademy.com or get3Dfit.com to learn more

Release of Liability, Medical and MEDIA Authorization



In consideration of being permitted to participate in The Strength U. Speed & Performance Camp at Diamond Dreams Sports Academy., I hereby release Diamond Dreams Sports Academy; their administrators, coaches and staff, Strength U and 3D Fitness LLC; their employees, and agents from any and all liability or claims relating to any bodily injury or property damage that may be sustained by the camper while attending and/or being transported to or from the Strength U. Speed & Performance Camp at Diamond Dreams.

I hereby authorize and give my consent to the staff of the Camp to act on my behalf to secure medical treatment for the administration of all emergency medical and/or emergency surgical treatment that may be necessary in connection with, including transportation to or from, the Speed, Agility & performance Camp Program. I understand that should an emergency medical problem arise, an attempt will be made to contact me. In the event that I cannot be reached, I hereby give consent to such treatment as deemed necessary by a licensed health care professional.

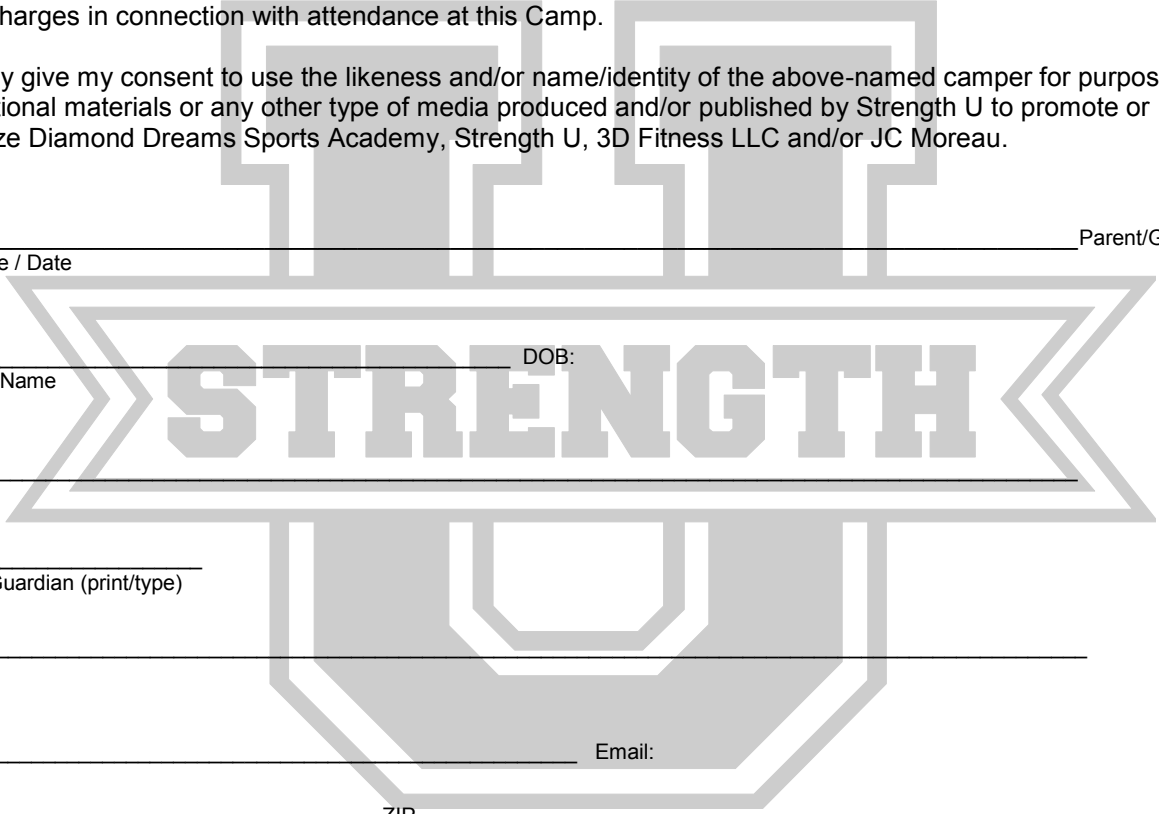
I agree to assume all costs related to such treatment. I understand that I will be responsible for any medical or other charges in connection with attendance at this Camp.

I hereby give my consent to use the likeness and/or name/identity of the above-named camper for purposes of promotional materials or any other type of media produced and/or published by Strength U to promote or publicize Diamond Dreams Sports Academy, Strength U, 3D Fitness LLC and/or JC Moreau.

Signature / Date Parent/Guardian

Camper Name DOB: _____

Name



Parent/Guardian (print/type)

Address

City _____ Email: _____

State _____ ZIP _____

Emergency Phone _____

Emergency Contact Name _____

Testimonials



"With nearly two decades of added practical and theoretical experience, and a broad background with multiple sports, JC has flourished as a coach, understands how to develop a "Championship Culture" and has worked with some of the top athletes, teams and coaches in the world. He is a great source of knowledge for his athletes, clients, coaches and administrators, and when that is combined with his experiences at 5 different Division I institutions (not to mention two being head coaching positions in the SEC and Big Ten) I would see JC as a terrific asset to any organization. JC is unique in his profession in that he can wear many hats and relate to individuals from every background. When all of these qualities are looked at collectively JC Moreau is among the elite sports performance coaches in the nation."

Jesse Palmer, Former NFL QB (New York Giants & San Francisco 49ers), and current primetime analyst for ESPN College Football

"JC is a rarity in this business. He not only believes in continual improvement and leadership; He lives it. Having the opportunity to work with JC in the past, I can say without hesitation that he is a man who has an intentional purpose in all that he does. Based on past experiences, I would put our baseball players in J.C. Moreau's hands in a heartbeat. His passion for the profession and the improvement of athletes is evident with his presence alone. I can say for a fact that J.C. brings contagious energy and enthusiasm to the weight-room every day."

Mike Strouhal – Head Strength Coach, The University of Arkansas Baseball (3 Time College World Series Participant)

"J.C. is one of the elite Strength and Conditioning Coaches in the United States. He pushes his athletes to better themselves every day, whether that is in the weight room or in their everyday life. His ability to connect with every athlete in a different way is what separates him from everyone else. J.C. loves what he does and it shines through everyday"

Kachine Alexander- Asst. Women's Basketball Coach, North Dakota St. Univ. Former Women's Basketball Player, The University of Iowa 2011 All Big-Ten, All-American , WNBA, 3rd Round Draft pick

"JC has the rare combination of having a strong and enthusiastic personality, while also having tremendous weight room knowledge and a mind not always associated with a "weight room guy". He did a phenomenal job of developing my body to be ready to play as a freshman in the Big Ten. Not only was he able to get us stronger and quicker but we had fun doing so, with his enthusiastic but realistic approach to the weight room. He is without a doubt one of the top strength coaches in America at developing men's and women's bodies to be able handle the rigors of competing at the highest level in the Big

Ten, or at any level of basketball . I owe him for what he did in helping me become the player I am today.”

Matt Gatens – Professional Basketball Player
Former MBB Player, The University of Iowa

