

1st Annual

Panthers Sports Conditioning Camp

Panther Youth sports would like to take this opportunity to invite you to our 1st Annual Panther Sports Condition Camp. In conjunction with Seth Vinson CSCS, Panthers will be offering an intense training experience for all youth athletes, just in time to be prepared for the up coming football season.

Seth Vinson CSCS and team (including Tim Murray CSCS) will offer detailed testing and assessment battery at the beginning of the camp as well at the conclusion of camp in order to show tangible evidence of each participant's improvement.

Seth Completed Degree requirements with internship as Head Personal Trainer and Fitness Program Supervisor at the Westwood Sports Complex in Sterling, IL., under the tutelage of former USA Track and Field star and Olympian, Kevin Braunschill. He also completed Fitness/Strength and Conditioning Internship (FIT Program) at McHenry County College (Crystal Lake, IL.) and variety of coursework under the supervision of former National Strength and Conditioning Association President, Houston Oilers Head Strength and Conditioning Coach, current Certified Strength and Conditioning Specialist, and Certified Personal Trainer, Bill Allerheiligan.

Education/Certification

- Northern Illinois University
- BS Exercise Physiology/Kinesiology w/Emphasis in Corporate Fitness
- Completed extensive Exercise Gerontology Clinical
- N.I.U. has one of our countries top Physical Education Programs
- National Strength and Conditioning Association
- Certified Strength and Conditioning Specialist
- American Red Cross
- CPR and First Aid (AED)

Each day will consist of a dynamic warm-up, core stability and strength training, speed and agility and acceleration/general conditioning and flexibility.

When - July 20th through 31st

Monday through Friday 9am to 11am broken up by age groups

Cost - \$220/participant - teams of 12 or greater \$200/participant

Free T-Shirt with admission

Personal Training Program

Liability Waiver

Please read and sign below

NOTICE: By enrolling or participating in any program instructed by Seth A. Vinson, all participants acknowledge and agree that there are certain risks inherent in the programs and activities conducted by Seth A. Vinson, which the participants assume. By enrolling or participating in any program and training activity, all participants agree to waive any claim of liability against Seth A. Vinson, arising of any loss, injury, or death attributed to such risks and the use of Seth A. Vinson's training equipment or programs.

Signature_____

Date_____