
NORWICH
ORTHOPEDIC
GROUP, P.C.

January 1, 2011

Dear Parent/Guardian,

With the summer quickly approaching, it is time for the student athletes to begin preparing for the upcoming 2011 fall sports season. We would like the opportunity to invite your high school athletes to participate in Norwich Orthopedic Group's Elite 2011 Summer Strength and Conditioning Camps.

Our summer camps are based on two concepts, the ability for your high school athlete to increase on field performance and decrease the risk of injury through progressive strength and power development exercises. The exercises and drills that are performed in our camps are ground based, multi-directional and multi-plane that mimic sports related movements. The athletes will learn how to:

- Improve speed, agility, strength, balance, coordination and flexibility.
- Lift weights and perform cardiovascular conditioning effectively
- Perform functional training exercises
- Focus on core training for power
- Prevent injury via our individually designed ACL Prevention program

Norwich Orthopedic Group's Elite Summer Strength and Conditioning Camps are open to athletes of all skill levels and training maturity. Our professional staff will design programs that specifically cater to the training needs of your athlete. The camps begin June 27th and run through August 26th. The session times are 10-12pm, 1-3pm, and 3-5pm. Our camps will be held at two separate locations this summer, Norwich Free Academy and Lyman Memorial High School. You must select which location your child will attend and choose the number of sessions on the camp registration form. Keep in mind that the cost of the sessions significantly decreases the more sessions you register for in advance.

Please find the registration and waiver forms for your child to attend the camp in the packet attached or print out the 3 PDF links on our website www.norwichorthopedic.com and mail in the registration and waiver forms, along with the payment to Norwich Orthopedic Group, PC, Attention Physical Therapy Department.

The deadline to register is Friday June 10, 2011. Space is limited, sign up today!

Please contact us directly at 860-823-6221 with any questions regarding the summer camps. We look forward to working with you and your athletes this summer.

Sincerely,

Janeen A. Beetle, M. Ed, ATC, LAT
Norwich Orthopedic Group, PC
Sports Medicine Coordinator

Anna Legler, ATC, LAT
Norwich Orthopedic Group, PC
Staff Athletic Trainer