



Jump Camp 2019



An Eight Week Summer Athletic
Development Program Designed to Improve Performance for School Sports

What is Jump Camp?

Jump Camp is an 8 week athletic development camp that guides athletes through a progressive speed, jumping, coordination, and core strength program. It can help improve overall foot speed, balance, stability, change of direction, and conditioning. Jump Camp is not sports specific – meaning it will help athletes in any sport. Over 300 athletes of various levels and abilities benefited from Jump Camp last summer.

Why should athletes attend Jump Camp?

According to the American College of Sports Medicine (ACSM), at least half of sports-related injuries could be prevented if youngsters were more physically fit before they played the game. “You should get in shape to play a sport, don’t play a sport to get in shape,” says Jon Almquist, Athletic Training Program Administrator for the Fairfax County Public Schools. The ACSM states that children and adolescents should have at least 6-8 weeks of preseason conditioning before they actively engage in sports.

Jump Camp Promotes Personal Growth

Jump Camp promotes the growth mindset, which basically states that the harder an athlete works, the better he or she will get. Athletes are encouraged to challenge themselves at their individual levels and to put forth the effort necessary to improve. Campers who understand that and work hard will benefit the most from attending.

Who can attend Jump Camp?

Any student entering 7th, 8th, 9th, 10th, 11th, or 12th grade can attend. College athletes can also attend.

When is Jump Camp?

Jump Camp begins Friday, June 21st and ends Monday, August 12th. After the first week (the first week schedule will be announced prior to camp), athletes meet twice a week (Tuesdays and Fridays). Sessions will be approximately two hours long. On workout days, there will be a morning session at 8:00 a.m. and an evening session at 6:00 p.m. Campers can choose the session that is the most convenient for them. The camp will finish prior to the fall sports season. Note – There will be additional Saturday workouts throughout the summer. Last summer, we had Saturday workouts at Fox Hill in Plattsburgh and at Clinton Community College.

Where is Jump Camp?

Due to a capital improvement project on the main Beekmantown Central School campus this summer (which includes major athletic fields upgrades), Jump Camp will relocate to the track and turf field at Plattsburgh High School.

What if I can't attend all of the sessions?

Athletes are encouraged to attend even if they may miss some sessions due to vacations, other camps, college visits, etc. Benefits are seen in campers who are unable to attend all sessions.

How much does Jump Camp cost?

During the **early registration period (February and March)**, the cost for an individual camper is \$85. There are reduced rates for families. The cost for 2 siblings is \$150. Three siblings cost \$210. Starting **April 1st**, the cost for an individual camper is \$90. The cost for 2 siblings is \$160. Three siblings cost \$220. Campers will receive a t-shirt. See the Payment Information section at the end of the application for more information.

What does a typical Jump Camp session look like?

- I. Dynamic Warm-up – Athletes perform a dynamic warm-up designed to increase tissue temperature, activate the nervous system, and prepare the body for the workout to come.
- II. Landing Progressions – Athletes perform a series of landing progressions designed to instinctively instill the proper landing position.
- III. Circuit Work—jump roping, plyometrics, balance/stability, and core work.
- IV. Sprint Work
- V. Dynamic Flexibility Training – Our cool down at the end of the workout also helps to improve flexibility.

The first two weeks of camp are designed to teach form and routine. Intensity increases in weeks 3-7. We taper off during week 8 so that athletes are fresh for fall sports. Modified athletes are provided with supplemental workouts to complete after camp is done because they have more of a break prior to fall sports.

Perhaps the most beneficial aspect of Jump Camp is . . .

Jump Camp helps to develop mental toughness and confidence. Athletes who work hard at camp will enter their seasons prepared to handle what their coaches throw at them. Those who enter their seasons unprepared stand out during tryouts. They are more prone to injury and more likely to be watching those who were ready. Jump Camp is in its 19th year and has helped thousands of local athletes. There's a reason why athletes keep coming back. It works!

What if I need more information?

Don't hesitate to call or text camp director Scott Cutaiar at (518) 562-1719 or email him at cutaiar.scott@bcsdk12.org for more information.



Jump Camp 2019 Application

**In the case of siblings, feel free to use one form*



Applicant's Name (Please Print Neatly)

Grade as of 2019-2020 School Year (grade at the start of next year) _____

Parent Phone Numbers (H) _____ (Cell #1) _____

(Cell #2) _____

Parent Email _____

please type or print clearly

Camper's Age at the Start of Camp _____ Date of Birth _____

Street Address _____

City/Town _____ Zip _____

Father's Name _____ Mother's Name _____

Father's Workplace and Work Phone Number _____

Mother's Workplace and Work Phone Number _____

Family Physician/Phone Number _____

Current Medications _____

Allergies _____

Emergency Contact: _____

Relationship: _____

Emergency Contact Phone Numbers (H) _____ (Cell) _____

(Cell) _____

Applicant's School _____

Current Sports Played or Sports Applicant Plans on Playing Next Year _____

(application continued on next page)

Past injuries that kept athlete out of sports _____

Is there anything you'd like to make camp staff aware of? _____

Number of years attending Jump Camp prior to this year (new campers put 0) _____

Reason(s) for attending camp _____

Sizing for T-Shirt (Adult Sizes) (Please circle)

Small

Medium

Large

X-Large

I realize that participation in athletics, contact or non-contact, involves a certain amount of risk to injury. Additionally, I acknowledge that my child is covered by a medical insurance policy and should any injury occur while he or she is at Jump Camp, I will be responsible for any medical expenses. Knowing this, I give my child permission to participate in Jump Camp.

In the event that I cannot be contacted, I give my permission for a hospital or doctor to administer treatment to my child, in the case of an emergency, while under the supervision of my emergency contact or designated Jump Camp personnel

Parent Signature _____ Date _____

Camper's Commitment

Jump Camp succeeds because of the standard of excellence established by the most disciplined campers (regardless of ability or age). Athletes are expected to try their best, listen to coaches, and have a positive attitude while at Jump Camp. Campers who do not live up to that standard detract from what camp is trying to accomplish.

I agree to try my best, listen to coaches, and have a positive attitude while at Jump Camp.

Camper's Signature _____

Payment Information

- Campers are encouraged to register by Wednesday, June 19, 2019. **Walk-ins are accepted.**
- Make checks payable to **Jump Camp**. Full payment must accompany application. **Before April 1st** - (\$85 per camper, \$150 for 2 siblings, \$210 for 3 siblings). **After April 1st** - (\$90 per camper, \$160 for 2 siblings, \$220 for 3 siblings).
- Return completed application, along with payment to Coach Scott Cutaiar, or put in his mailbox in the Beekmantown Middle School Faculty Room.
- Applications and payment may also be mailed to Scott Cutaiar, 37 Addoms Street, Plattsburgh, NY 12901.