

GENERAL RELEASE FORM
**Statement of Understanding
& Release of Liability**

By signing below, I hereby authorize Bye Dietz Sports, LLC, to act for me, my child (full name) _____ or guest in an emergency and hereby release and agree to indemnify Bye Dietz Sports, LLC, their coaches, and their employees, and other participants from any liability for any injuries or illness, losses, or damages sustained while I, the above minor, or guest are involved or participating in any Bye Dietz Sports, LLC training session. I further understand that attending a program of this kind can involve risk of injury. I accept full responsibility for my and the above-mentioned participant's medical bills, if any, and all other associated expenses as a result of injuries or illness sustained while any of the said persons are in attendance. The above-mentioned person is attending this program at his/her own risk.

Photographs & Videos

By applying for this camp, I understand and authorize that Bye Dietz Sports, LLC may take photographs and/or videos of camp participants and activities. I agree that Bye Dietz Sports, LLC shall be the owner of and may use such photographs and videos relating to the promotion of future camps. I relinquish all rights that I may claim in relation to the use of said photographs and videos.

Parent/Guardian Signature Date

Print Parent/Guardian Name

**Please return the Enrollment and
General Release Form
by **May 16th**, 2009 for **Session 1**
or by **June 26th**, 2009 for **Session 2****

MISSION

**To train, educate and
motivate athletes to become
the fastest, strongest, and
best-conditioned performers
they can be.**

ACHIEVING THE MISSION

The athletes will participate in workouts designed specifically to enhance strength, speed, power, agility, reaction, coordination, balance, body awareness, core strength, and flexibility. Participants will train in a safe and controlled environment under the watchful eye of our highly experienced and knowledgeable coaching staff.

The camp will meet **3** days a week for training sessions. Each athlete will also be provided with **6** workouts per week, allowing the athletes to train outside of camp days. To show you how confident we are in our training methods, we will provide pre- and post-camp testing to show the benefits of participation, which is something most camps avoid.

We will focus on the training of functional movement patterns for sport, thus developing faster, stronger, and more proficient athletes. This camp will also provide free classes in improving mental performance and understanding proper sports nutrition.



**SPORT
PERFORMANCE
CAMP**



**Strength Training
&
Conditioning**

Elite Camp

Summer 2009

CAMP DETAILS

The [XL Athlete](#) Sport Performance Camp is designed to provide both basic and advanced strength training and speed/agility fundamentals to all participants. Instruction in the proper technique of weight lifting movements, plyometric drills, speed and agility exercises, sport specific conditioning and nutrition education will all be included.

The camp is designed for athletes who are of high school age, entering grades 9-12. The camp will be limited to the first 30 campers, 15 per session, so that the athlete-to-coach ratio stays low and everyone gets individual instruction.

Facilities at **Mariucci Arena** will be used for the camp. Special emphasis will be given to hockey athletes, however athletes of all disciplines will benefit from participation.

Includes:

- 6-Week Pre-Camp Workout
- 17-Week In-Season Training Program
- T-Shirt

PRICE INFORMATION

- Individual 5-Week Session is **\$375**
- Discounts
 - **\$325** for groups of 5+
 - **\$660** for both sessions
- Prompt Registration is Appreciated
 - Ensures admission
 - Late entrants may still be allowed if there is space
- Cases of Injury/Illness
 - Full refunds only issued prior to the start of camp
- Discipline
 - Any violation of regulations, such as willful damage to property or other behavior deemed detrimental to the group, will result in immediate dismissal from the camp with no refund

Send Forms and Payment to:

Bye Dietz Sports
322 Gandy Dancer Circle
Hudson, WI 54016
xlathlete@sbwireless.net

www.xlathlete.com <http://xlathlete.com:85/zencard/>

Home Page

Online Store

COACH BIOGRAPHY

Cal Dietz



Cal Dietz has been the Head Olympic Strength and Conditioning Coach at the University of Minnesota since 2000. He has developed the training programs and overseen the daily progress of men's hockey, men's basketball, women's

hockey, men's golf, men's swimming, men's track and field, baseball, and wrestling. Dietz has trained: 1 Hobey Baker Award winner, 2 Big Ten Athletes of the Year, 259 All-Americans, 23 Big Ten/WCHA championship teams, 7 NCAA championship teams, and 18 teams finishing in the top 4 in the nation. He has consulted with Olympic and World Champions in various sports and professional athletes in the NHL, NFL, NBA, MLB, and Professional Boxing.

Prior to returning to Minnesota, Dietz was the strength coordinator at The University of Findlay, overseeing 26 men's and women's sports, in addition to coordinating the university's fitness center, coaching the offensive line with the football program and teaching strength and conditioning classes. He is no stranger to Minnesota athletics after serving as a graduate assistant strength coach while pursuing his masters degree. During this time, Dietz was the first assistant to football and assisted with a majority of Olympic Sports.

The Shelby, Ohio, native earned his bachelor's degree in physical education from the University of Findlay in 1996 and his master's degree from Minnesota in kinesiology in May, 2000. During his athletic career at the University of Findlay, Dietz won three national team championships, two in football and one in wrestling. Highlights of his career was earning 2 All-American honors in football and winning the NAIA National Duals MVP in wrestling. In 1995, he received the NAIA College Sports Magazine Athlete Of The Year and was inducted into the University's of Findlay's Hall of Fame in 2005.

Dietz married Karyn Bye, a member of the U.S. Olympic Women's Hockey Team, which captured the gold medal in 1998 and silver medal in 2002. The couple resides in Hudson, Wis., with their daughter, Tatum Lynn Born in May 2003 and Brody Michael born July 2005.

ENROLLMENT FORM

Participant Name _____ 1 2 Both
Circle Session of Choice

Address _____

City _____ State _____ Zip _____

Home Phone # (____) _____

Parents' Name(s) _____

Work Phone # (____) _____

E-mail _____

Birthdate _____ Age _____ Grade Fall '09 _____

School _____

Sport(s) _____ Shirt Size _____

Emergency Contact Name _____

Emergency Contact Phone (____) _____

Please indicate and/or describe any physical conditions or ailments, i.e. allergies, respiratory, orthopedic, etc. Write "None", if applicable. Also indicate if athlete is taking any medications in which the coach should be aware of.

CHOOSE A SESSION

Session 1

May 26 through June 28

Group 1 Sundays: 4:30 PM, Tue/Thur: 5:30 PM

Group 2 Sundays: 6:00 PM, Tue/Thur: 7:00 PM

Session 2

July 7 through August 9

Group 1 Sundays: 4:30 PM, Tue/Thur: 5:30 PM

Group 2 Sundays: 6:00 PM, Tue/Thur: 7:00 PM

Questions? Call Cal Dietz at: (612) 414-7212
or email him at xlathlete@sbwireless.net