

# Lacrosse Preseason Camp 2011



The HIT Center has teamed up with Sporting Elite to host a preseason camp for boys and girls lacrosse players in North Central West Virginia and surrounding areas. Participants will be put through a scientifically proven workout regimen for four weeks prior to the beginning of the lacrosse season. The experienced staff of Sporting Elite will be providing exceptional lacrosse skill and technique instruction, while the HIT Center's Exercise Specialists will focus on sport-specific speed, agility, conditioning and overall strength. This four week long camp will provide athletes with the right tools to get a head start on the competition!

## Camp Set Up

- Participants will be divided into small groups. (no more than 6-8 in a group)
- Groups will be based on age, sex, and athletic ability.
- Athletes will circuit through 12-16 sport specific stations during their 2 hours at the facility.
- Stations will be focused on lacrosse skill or some form of athletic performance enhancement.
- The combination of scientifically advanced equipment and protocols combined with elite lacrosse skill instruction will push campers to be the best player they can be leading into the season.

## Camp Dates and Times

- Starting: February 1<sup>st</sup> 2011      Ending: February 24<sup>th</sup> 2011
- Day: Tuesdays and Thursdays      Time: 7pm - 9pm
- The days and times may change depending on the number of sign-ups. So please be sure to provide the proper contact information on the registration form.

## Camp Cost

- The cost of the camp is \$400.
- You must be preregistered and make a minimum payment of \$150 by January 26<sup>th</sup> 2011.
  - The next two payments of \$125 must be paid on February 10<sup>th</sup> and Feb 17<sup>th</sup> 2011.
- If you preregister and pay up-front by January 26<sup>th</sup> 2011 you will receive a \$50 discount. (Total of \$350)

## Camp Registration and Location

- Registration Forms are available on [MorgantownHitCenter.com](http://MorgantownHitCenter.com) and [SportingElitelc.com](http://SportingElitelc.com)
- You may pay over the phone at 304-292-9404 or online through [MorgantownHitCenter.com](http://MorgantownHitCenter.com)

Location:	<a href="#">The HIT Center</a> <a href="#">22 Rousch Drive</a> <a href="#">Morgantown, WV 26501</a>	Directions:	<a href="#">Off I79 in Westover, Exit 152. Two buildings down from Wedgewood Family Practice behind McDonalds.</a>
Phone:	<a href="tel:304-292-9404">304-292-9404</a>	Phone:	<a href="tel:304-282-8458">304-282-8458</a>
Email:	<a href="mailto:kmsowers@comcast.net">kmsowers@comcast.net</a>	Email:	<a href="mailto:tmoore@sportingelitellc.com">tmoore@sportingelitellc.com</a>
Website:	<a href="http://MorgantownHitCenter.com">MorgantownHitCenter.com</a>	Website:	<a href="http://Sportingelitellc.com">Sportingelitellc.com</a>

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## About the HIT CENTER

### Managing Director: Kevin M. Sowers - Exercise Physiologist, MS

Kevin is a native of Martinsburg, WV where he was a three sport letterman at Hedgesville High School. He went on to Marshall University on a Track Scholarship. He still holds the University and Southern Conference discus records. Kevin studied under Dr. Shepherd, the founder of the HIT Center, throughout his college career where he received his bachelor's and master's degree in Exercise Physiology. He was the first hire as the Assistant Managing Director, under Dr Shepherd, at the original HIT center founded in Huntington, West Virginia. He's been successfully managing a HIT Center for over 10 years. He has successfully trained thousands of athletes of all different levels including NFL players like Anthony Becht, Chris Crocker, Chris Massey, and David Foyle.

**HIT Staff:** The HIT Staff are all receiving or have received their degrees in Exercise Physiology and are HIT trained under the same system overseen by Kevin Sowers. **Nate Sowers** is the **Camp and Speed-up Director**. He has his Bachelor's degree in Exercise Physiology and is former starting WVU Football player.

## About SPORTING ELITE

### Owner/Coach: Thomas Moore

Thomas was a Morgantown High School lacrosse attack-man from 2000 to 2003. He began coaching as a volunteer assistant coach, for the Mohigans, in 2004. He became the assistant head coach in 2006 and in 2007. In 2008 Coach Moore became the first "homegrown" West Virginia head coach leading the Mohigans to a West Virginia state title in 2008 and a runner-up state title in 2009. Coach Moore graduated from West Virginia University with an BA in Music Education, where he played on the WVU Men's Lacrosse team for two years, and was a member of the WVU "Pride of West Virginia" Mountaineer Marching Band for four years. He is now the Director of Music, middle school assistant football coach and middle school assistant girls basketball coach at Clay Battelle Middle/High School. Coach Moore is also the president of West Virginia's only post-collegiate men's lacrosse team, Da Lazy Lizards, located in Morgantown, WV.

**Sporting Elite Staff:** The Sporting Elite staff are the most qualified lacrosse individuals in West Virginia. Our staff includes former collegiate lacrosse players, current middle school coaches, current high school coaches, and current collegiate coaches for both male and female players.



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