

**Location** BlueStreak

**Ages** 12-22 years old

**Drop-off** 8:30am – 9:30am

**Camp Time** Varies

## TAKE YOUR SPORT TO THE NEXT LEVEL

Do you want to score the winning goal? Do you want to be the fastest on your team? Do you want to make Varsity? Chelsea Piers BlueStreak is an innovative athletic training and skill development center dedicated to improving the performance of athletes for all ages and abilities. Campers utilize the latest technologies in sport-specific training from Athletic Republic. Our strict athlete-to-coach ratio of 5:1 ensures safety and maximizes personal attention for each individual athlete.

### CAMP FEATURES

- Sport-Specific Acceleration & Skills Training
- Generation III Super Treadmill
- Plyometrics, Strength Conditioning & Core Stabilization
- Skills Development
- Sport-Specific Lectures
- Game-play Strategy

### FIVE-STAR BASKETBALL WEEK-LONG CAMP

**June 21-25, June 28-July 2 • 9:00am-3:00pm**

A concentrated two-week pre-season program for players who want to see significant improvement and are prepared to work hard. Skills training includes shooting, ball handling, man-to-man and team defense, passing, rebounding, one-on-one moves, transition game, post moves, footwork, post defense, three-point shots and more. Through Athletic Republic-patented training protocols and equipment, BlueStreak's conditioning workouts enhance a camper's speed, strength and agility.

### FOOTBALL WEEK-LONG CAMP

**August 2-6, August 9-13 • 9:00am-12:00pm**

Prepare for the demands of the competitive season. The most successful athletes begin the football season with a strong fitness base from pre-season cardiovascular and strength conditioning. Campers take part in short duration/high-intensity sprinting sequences that simulate game play. Training protocols also strengthen the muscles used in blocking, tackling and defending pass routes, and improve coordination, explosive power, individual footwork and specific position skills.



## VOLLEYBALL WEEK-LONG CAMP

**June 28-July 2 • 9:00am-3:00pm**

Volleyball is a game of quickness, speed, strength and agility; moreover, it is a game of concentration and strategy. Deciding whether to spike or tip a ball over the net is easier when a player is not fatigued from the past three points. Our week-long volleyball camp will increase each athlete's vertical jump height, explosive power, speed and quickness.

## ALSO AVAILABLE

**Elite Soccer Academy** (see page 20)

**Acceleration Hockey Camp** (see page 17)

## FACILITIES

Chelsea Piers BlueStreak has unparalleled training facilities, including an indoor turf field, a synthetic ice surface hockey skills zone, Athletic Republic treadmills (both running and skating) and training equipment, and FreeMotion strength equipment. The BlueStreak program also utilizes the 1/4-mile track, basketball/volleyball courts and sand volleyball area within the adjoining Sports Center health club.

## STAFF

Training at Chelsea Piers BlueStreak is led by Athletic Republic certified coaches. All are elite-level coaches. BlueStreak's Program Director and sports program coordinators are strength and conditioning professionals with illustrious collegiate and/or professional sports careers.

BlueStreak also continues to offer three different summer training programs: Acceleration, Acceleration & Skills and APEX Hockey.

### Summer Training Programs June - August 2009

<b>Acceleration</b>	90-min. sessions • 2-3 times per week
<b>Acceleration &amp; Skills</b>	2-hour sessions • 2-3 times per week
<b>APEX HOCKEY</b> (by invitation only)	2-hour sessions • 5 times per week and additional on-ice training sessions

\*Sessions available Monday – Friday, 8:00am – 8:00pm

## REGISTER TODAY

For more information or to register for summer training, visit [www.chelseapiers.com/bluestreak](http://www.chelseapiers.com/bluestreak), call **212.336.6123** or email [bluestreak@chelseapiers.com](mailto:bluestreak@chelseapiers.com).







**CAMPER INFORMATION**

Female Male

Name \_\_\_\_\_

Home Ph. \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Camper's Age as of 6/01/10: \_\_\_\_\_

**Who is authorized to meet your child at the bus:**

Person(s) identified below  My child can leave the bus alone.

Please list full name(s) and relationship to camper:

\_\_\_\_\_

**Check the camp(s) that your child will attend:**

- |  |  |                                      |
|--|--|--------------------------------------|
| <input type="checkbox"/> Gymnastics  | <input type="checkbox"/> Sports Academy                            | <input type="checkbox"/> Bowling     |
| <input type="checkbox"/> Golf  | <input type="checkbox"/> Ice Hockey                                | <input type="checkbox"/> Ice Skating |
| <input type="checkbox"/> Urban Adventure for Teens (July 5 – August 27 only) |  |                                      |
| <input type="checkbox"/> Golf Performance Camp (July 5 – August 13 only)     |  |                                      |
| <input type="checkbox"/> Elite Soccer  | <input type="checkbox"/> BlueStreak Sports Camps (except Football) |                                      |

**Please indicate the dates that your child will attend:**

- |   |   |
|---|---|
| <input type="checkbox"/> WEEK 1: June 21 - 25     | <input type="checkbox"/> WEEK 7: August 2 - 6             |
| <input type="checkbox"/> WEEK 2: June 28 - July 2 | <input type="checkbox"/> WEEK 8: August 9 - 13            |
| <input type="checkbox"/> WEEK 3: July 5 - July 9  | <input type="checkbox"/> WEEK 9: August 16 - 20           |
| <input type="checkbox"/> WEEK 4: July 12 - 16     | <input type="checkbox"/> WEEK 10: August 23 - 27          |
| <input type="checkbox"/> WEEK 5: July 19 - 23     | <input type="checkbox"/> WEEK 11: August 30 - September 3 |
| <input type="checkbox"/> WEEK 6: July 26 - 30     | Note: camp will be in session July 2nd & 5th.             |

**WAIVER**

I hereby authorize Chelsea Piers Summer Sports Camp to register my child for bus service. My payment of **\$115/week** is included with the camp deposit. I understand that this payment is refundable before May 18, 2010. After May 18, no refunds will be granted for transportation. **I understand that no refunds will be made for camp closings, absences, transportation delays, withdrawals or dismissals.** NOTE: Late registration does not guarantee you a seat on the bus. (This includes adding additional weeks of camp.)

Transportation Charge: \$115/week x \_\_\_\_\_ = \$ \_\_\_\_\_  
# of weeks Total Due

**PAYMENT A credit card is required with ALL transportation applications.**

Amex  Discover  MasterCard  Visa  Check (Chelsea Piers, L.P.)

Credit Card Number

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Expiration Date \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Please choose **ONLY ONE** designated bus stop:

EASTSIDE	WESTSIDE	DOWNTOWN	BROOKLYN
<b>York Ave. &amp;:</b> <input type="checkbox"/> 96th St. <input type="checkbox"/> 92nd St. <input type="checkbox"/> 86th St. <input type="checkbox"/> 79th St. <input type="checkbox"/> 72nd St. <input type="checkbox"/> 66th St. <input type="checkbox"/> 60th St. <input type="checkbox"/> 58th St.  <b>1st Ave. &amp;:</b> <input type="checkbox"/> 20th St.  <b>2nd Ave.* &amp;:</b> <input type="checkbox"/> 96th St. <input type="checkbox"/> 92nd St. <input type="checkbox"/> 86th St. <input type="checkbox"/> 79th St. <input type="checkbox"/> 72nd St. <input type="checkbox"/> 69th St. <input type="checkbox"/> 66th St. <input type="checkbox"/> 60th St. <input type="checkbox"/> 55th St. <input type="checkbox"/> 49th St. <input type="checkbox"/> 40th St. <input type="checkbox"/> 32nd St. <input type="checkbox"/> 27th St. <input type="checkbox"/> 21st St. <input type="checkbox"/> 17th St. <input type="checkbox"/> 14th St.  <b>5th Ave. &amp;:</b> <input type="checkbox"/> 96th St. <input type="checkbox"/> 86th St. <input type="checkbox"/> 79th St. <input type="checkbox"/> 72nd St. <input type="checkbox"/> 66th St.  <b>Park Ave. &amp;:</b> <input type="checkbox"/> 96th St. <input type="checkbox"/> 90th St. <input type="checkbox"/> 86th St. <input type="checkbox"/> 79th St. <input type="checkbox"/> 72nd St. <input type="checkbox"/> 66th St. <input type="checkbox"/> 59th St. <input type="checkbox"/> 30th St. <input type="checkbox"/> 20th St. <input type="checkbox"/> 18th St.	<b>West End &amp;:</b> <input type="checkbox"/> 100th St. <input type="checkbox"/> 96th St. <input type="checkbox"/> 90th St. <input type="checkbox"/> 86th St. <input type="checkbox"/> 77th St. <input type="checkbox"/> 72nd St. <input type="checkbox"/> 66th St. <input type="checkbox"/> 59th St.  <b>Broadway &amp;:</b> <input type="checkbox"/> 117th St. <input type="checkbox"/> 110th St. <input type="checkbox"/> 106th St. <input type="checkbox"/> 96th St. <input type="checkbox"/> 86th St. <input type="checkbox"/> 77th St. <input type="checkbox"/> 72nd St. <input type="checkbox"/> 60th St.  <b>Columbus &amp;:</b> <input type="checkbox"/> 96th St. <input type="checkbox"/> 86th St. <input type="checkbox"/> 79th St. <input type="checkbox"/> 72nd St. <input type="checkbox"/> 67th St.  <b>7th Ave. &amp;:</b> <input type="checkbox"/> 57th St.  <b>C.P.W. &amp;:</b> <input type="checkbox"/> 103rd St. <input type="checkbox"/> 100th St. <input type="checkbox"/> 96th St. <input type="checkbox"/> 93rd St. <input type="checkbox"/> 90th St. <input type="checkbox"/> 86th St. <input type="checkbox"/> 81st St. <input type="checkbox"/> 77th St. <input type="checkbox"/> 72nd St. <input type="checkbox"/> 64th St.	<b>9th St. &amp;:</b> <input type="checkbox"/> 4th Ave. <input type="checkbox"/> University Pl.  <b>11th St. &amp;:</b> <input type="checkbox"/> 2nd Ave. <input type="checkbox"/> Hudson <input type="checkbox"/> Greenwich St. <input type="checkbox"/> Washington St.  <b>12th St. &amp;:</b> <input type="checkbox"/> 5th Ave.  <b>16th St. &amp;:</b> <input type="checkbox"/> 6th Ave.  <b>Hudson &amp;:</b> <input type="checkbox"/> Franklin <input type="checkbox"/> Spring <input type="checkbox"/> Vestry  <b>Broadway &amp;:</b> <input type="checkbox"/> Prince <input type="checkbox"/> Grand <input type="checkbox"/> Spring  <b>Houston &amp;:</b> <input type="checkbox"/> W. B'way <input type="checkbox"/> Lafayette <input type="checkbox"/> MacDougal  <b>Perry &amp;:</b> <input type="checkbox"/> 7th Ave.  <b>Battery Park:</b> <input type="checkbox"/> 200 Rector Pl. <input type="checkbox"/> 375 South End <input type="checkbox"/> 211 North End	<b>8th Ave. &amp;:</b> <input type="checkbox"/> 14th St. <input type="checkbox"/> 12th St. <input type="checkbox"/> 7th St. <input type="checkbox"/> 5th St. <input type="checkbox"/> 3rd St. <input type="checkbox"/> 1st St. <input type="checkbox"/> Union <input type="checkbox"/> Garfield <input type="checkbox"/> Lincoln  <b>Clinton &amp;:</b> <input type="checkbox"/> Baltic <input type="checkbox"/> DeGraw <input type="checkbox"/> Congress <input type="checkbox"/> Atlantic <input type="checkbox"/> Joralemon  <b>Carrol &amp;:</b> <input type="checkbox"/> Smith  <b>Cranberry &amp;:</b> <input type="checkbox"/> Hicks  <b>Middaugh &amp;:</b> <input type="checkbox"/> Cadman Plaza West

\*2nd Ave. in AM. and 3rd Ave. in PM.

**BUS TIMES MAY CHANGE FROM WEEK TO WEEK**  
You will be e-mailed or called with your pick-up time by the Friday before your child starts camp.