Rocket Camp Strength

June 5th-8th
Ages 13-19 (9am - 2:30pm)
Spring Grove HS

Culture of Excellence & Scholarship Presentation

June 8th
Doors open at 6:00pm
Event from 6:30-8:00pm
McDonald’s $1000 Ultimate Athlete Scholarship & Award
Spring Grove High School

Spring Grove’s “Power of One” Club
Proudly presents:

Rocket Camp Strength

Rocket Camp Strength

- (5) Sessions of intense training on “Creating a Culture of Excellence”

- Expert strength, speed and agility training combined with a unique "special forces" challenge provided IAD-TLA Team’s staff of (3) Div I Strength & Explosion Coaches

- Cutting-edge Leadership Development Coaching from an all-star staff that will give you an edge on and off the field

- Team and individual competitions among Spring Grove athletes with a camper-selected McDonald’s "Ultimate Athlete" Award and $1000 scholarship

Creating a Culture of Excellence: Leadership at a Higher Standard

- TLA Seminar with Tyler Clabaugh (IAD-TLA Team Director) & James Carsey (Miami of Ohio U)

- Interactive workshop focused on using your platform of leadership to create a culture of excellence

- Define the purpose that drives your life, and how to unite others around a common mission in pursuit of a championship

- Learn to use your platform to win championships on the field, in the classroom, and in your life

For more information, visit: www.iadtlateam.com

For Camp Registration Information or Tickets, Please Call or Email:
(717) 476-8490 / trainingleaders@gmail.com
**Camp Strength**

**Day 1:**

“Creating a Culture of Excellence: The Journey Begins with a Dream”

- Everyday starts at “Zero”
- One Basic Question: “Do I have what it takes?”
- Identity built on “Sand” vs. “Rock”
- The Power of a Dream
- Self-Image = Your Belief

**Day 2:**

“Creating a Culture of Excellence: Everyday Greatness”

- Moving from “Belief” to “Commitment”
- Why are we afraid to commit?
- The “What If” factor
- Try, Fail, Adjust
- Turning Negative into Motivation

**Day 3:**

“Creating a Culture of Excellence: Lead with Your Heart”

- What is True Success?
- How to use Competition
- Servant Leadership & Living for a Cause
- What’s your Vision of Greatness?
- Winning Championships on the Field & in Life

**Days 4 & 5:**

“Creating a Culture of Excellence: A Purpose Driven Life”

- 9am–2:30pm (Fri 5/8): “Special Forces” Team Competitions & Camp Wrap-up
- 6:30 – 8pm (Fri 5/8): Keynote speaking event at Spring Grove HS, Presentation of Camp Awards & McDonald’s $1000 Ultimate Athlete Scholarship
- Fri June 15th (8am-2pm): Pick-up Sports, Pool, & Pizza Day with another local Camp Strength

**Rocket Camp Strength: “Creating a Culture of Excellence”**

IAD-TLA Team’s camp program is based on their concept of “Building Strength from the Inside-Out,” that links the athletic performance activities of strength and speed training with the internal foundation of leadership and character development. By connecting their message to pursuing a championship on the athletic field, IAD-TLA Team prepares athletes to pursue much larger championships throughout the rest of their lives. The 1st Annual Rocket Camp Strength will be held June 5th-8th at Spring Grove HS from 9am-230pm.

“IAD-TLA Team has helped me to become stronger, not only physically but mentally as well. The workouts have taken my game to the next level through improving my overall strength, power, and quickness. Several Division I & II colleges have contacted me, including visits to University of South FL, Princeton, and Harvard. The camp program really impacted me, and put life into perspective. I now aspire to be a “woman of influence,” am not afraid to speak-up around my teammates, take on new challenges, and believe in myself to achieve my goals.” -Liz (2008 Camp Participant)

The Institute of Athletic Development (IAD) & Training Leaders through Athletics (TLA) stand shoulder-to-shoulder in an effort to develop an interscholastic sports landscape that serves as a training ground for life lessons that will leave athletes equipped to be leaders on their athletic teams, in their high school hallways, their future families, professions, and ultimately our country. Camp Strength provides a “sneak peak” into the IAD-TLA Team program, so that athletes can see what is available to them on a week-to-week basis throughout the entire year.

IAD-TLA Team offers area athletes one of the fastest growing athletic development programs in the region combined with premier leadership and mental development training that reaches over 10,000 people each year domestically and abroad. Their staff will facilitate all of the athletic and leadership development training during the camp that has helped produce double-digit Div I, II, and III college athletes from the York-Adams Area since 2006. IAD-TLA Team’s unique “Special Forces” training will also add to our camp competitions and teambuilding activities.

“IAD-TLA Team’s camp program not only made me a better athlete, but it taught me how to be a true man and what living a life of greatness is all about. TLA’s teachings made me realize that true success is found in improving the lives of others!” –Javier (2008 Camp Participant)

The 2012 Rocket Camp Strength theme is “Creating a Culture of Excellence,” which will focus on Spring Grove athletes holding themselves to a higher standard of leadership as they unite around a common mission to impact their school district beyond the athletic field. The campers will then see how a commitment to excellence in pursuit of a district or state championship can be transferred over to all areas of their lives as they learn to live through an “others-centered” mindset in achieving their “call to greatness.” Each day will build upon the next as the curriculum is presented in a progressive format that moves from forming a solid identity, having a positive self-image, commitment, and living for a cause greater than yourself.

**Included below is a sample schedule for a day at Rocket Camp Strength:**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9am</td>
<td>Daily Theme &amp; Stretching</td>
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<tr>
<td>9:15am</td>
<td>Teambuilding Competitions</td>
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<td>10:15am</td>
<td>Leadership Development Session</td>
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<td>11am</td>
<td>Weight Training Workout</td>
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<tr>
<td>11:45am</td>
<td>Power of One: What it Takes?? (Interactive Session)</td>
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<tr>
<td>12:30pm</td>
<td>Speed, Agility, &amp; Plyometric Workout</td>
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<tr>
<td>1:15pm</td>
<td>“Special Forces” Team Competitions</td>
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<tr>
<td>2:30pm</td>
<td>Campers Depart</td>
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On Friday June 8th at 630pm (doors open at 6pm), TLA will conclude the Rocket Camp Strength with a keynote-speaking event at Spring Grove HS for the campers, parents, coaches, and area athletic teams. This will be a valuable program for both the camp participants, and for those who did not attend the camp. The program’s material offers a great opportunity for coaches to bring their teams, and use the evening to unify and build camaraderie among their athletes. As part of the evening, the McDonald’s $1000 “Ultimate Athlete” Scholarship will be awarded to one of the campers for their performance during the week.

The seminar is titled “Creating a Culture of Excellence: Leadership at a Higher Standard,” and will focus on legacy-based living through the ultimate leadership principle: service to others. Each of us has a purpose to fulfill, a “call to greatness” to accept, and a legacy to leave.

This program will make you ask what type of legacy you’re leaving, and define a purpose that will drive your life from this point forward. The material will focus on how we can use our platforms of influence as coaches, parents, teachers, and team captains to positively impact those around us. Ultimately, this will lead to the participants actively defining who they are as men and women of influence, and examining the type of legacy they want to leave based upon their platform of leadership. The idea of legacy-based leadership is at the core of TLA’s program, and is held at the forefront in winning championships on the athletic field, and on the fields of life. The program material will be reinforced through interactive discussion, video clips, and handouts throughout the presentation. Certain materials can be customized for coaches that are bringing their teams to the seminar that will add extra benefit to their players’ experience if we are notified ahead of time.

“Every now and then I meet an emerging leader who has experience and wisdom far beyond what I would expect. Tyler Clabaugh is one of those leaders. Thoughtful, passionate, full of integrity, and I’ll use a rare word - Love. Tyler is someone who loves life, loves people, loves athletes, and loves helping people grow into their full potential. And, he is very, very good at it. Tyler is one of those developers of leaders that if you spend one hour with him you come away a better person. I know I do. Imagine what would happen if Tyler were to be your coach and trainer.”

- Dr. Brian K. Rice, Founder of Leadership ConneXtions Intl.

“As I have applied the information and outlooks on life that TLA & IAD has offered me, I believe my daily thinking and the way I approach situations has benefited greatly. I was selected as team captain of my high school wrestling team, and I credit the lessons I have learned through this program for allowing me to receive this honor. I firmly believe that TLA & IAD has set me on the right track to reach my goals and maximize my athletic potential.”

-Drew (2007 & 2008 Camp Participant)

“After attending TLA’s program I’ve noticed vast improvements in both my athletic and leadership skills, as well as in my teammates. The training techniques and material on what it means to be the “ultimate teammate” proved to be valuable in advancing our football team to a district title.”

-Noah (2007 & 2008 Camp Participant)

“Joe’s ability to show young athletes how they can develop goals and then focus their efforts to achieve those goals is amazing. All coaches are looking for techniques to use to motivate their athletes. The system that Joe has created is a perfect tool to allow young athletes to reach their potential.”

-Rob Klock, Lower Dauphin H.S. Head Football Coach
Tyler Clabaugh, IAD-TLA Team Director: Tyler Clabaugh is the founder of Training Leaders through Athletics (TLA), and is certified by the National Strength and Conditioning Association (NSCA) as a Personal Trainer. Tyler has been named the 2007 Most Outstanding Pennsylvanian, and one of the 2008 Ten Outstanding Young Americans (TOYA) by the US Junior Chamber. He also graduated Magna Cum Laude from both York College of Pennsylvania and Eastern University with business degrees, and is currently pursuing a Masters degree in Organizational Leadership. Tyler has extensive teaching experience on the topics of leadership, success principles, and personal development through his speaking at numerous business conferences ranging from 250-5000 people. Through TLA and IAD’s partnership Tyler serves as a personal trainer and leadership development coach for hundreds of athletes in PA and MD. These experiences serve as the foundation for TLA, and the subsequent curriculum that links the athletic and leadership development sectors. The message is far-reaching, as Tyler has used the curriculum to facilitate numerous programs locally, and to launch a youth and economic development movement in El Salvador where tens of thousands of teenagers and adults have already been impacted by the message. In addition, Tyler uses these experiences and others to serve as a Leadership & Character Coach for multiple colleges and universities. Clabaugh is also the recipient of numerous awards and recognitions, including the University of Rochester’s Xerox Humanities and Social Sciences Award, St. Michael’s College Book Award for Scholarship and Service, Harry S. Fields / SCORE Entrepreneurship Award, Stanford’s Global Realizer Group’s Top Performer Award in Leadership and Entrepreneurship, and others.

James Carsey, IAD-TLA Team Athletic Development Specialist

James Carsey has ten years experience as a Division I Strength & Conditioning Coach. At Miami University of Ohio, he served as assistant coach from 2001 to 2006, then as Director of Athletic Strength and Conditioning from 2006 to 2011. In this role, Carsey oversaw the entire strength and conditioning program for Miami’s 19 Div I varsity sports. He worked with over 35 National Strength and Conditioning Association (NSCA) All-Americans, and has worked directly with teams that won 11 Mid-American Conference championships. These teams included football, men’s and women’s swimming, baseball, softball, and soccer. During Carsey’s tenure as Director of Strength and Conditioning, Miami’s men’s ice hockey team won two CCHA championships and made two appearances in the NCAA Frozen Four, including a national runner-up finish in 2009. He also prepared individual athletes for professional careers – including being an assistant trainer during the Pittsburg Steelers Ben Roethlisberger’s time at Miami. Several of these athletes are currently competing in the NFL, NHL, and MLB. Carsey is a Certified Strength and Conditioning Specialist (CSCS), a Registered Strength and Conditioning Coach with Distinction (RSCC*D) through the NSCA, and a Certified Collegiate Sports Performance Coach. He is also certified by the USA Weight Lifting Association as a Sport Performance Coach, and is Functional Movement Screen Certified. Carsey speaks regularly on training topics at seminars and clinics for various sports, and his work has been published in Training and Conditioning and Stack magazines.

Additional 2012 Camp Strength Staff-

- Joe Lenker (IAD-TLA Team Founder / Director)
- John Mackersie (Div I Strength & Conditioning Coach)
- Ryan Fachnle (Div I Strength & Conditioning Coach)
- Chad Tipton (IAD-TLA Team Strength Coach & former collegiate basketball athlete)
- Dana Alexander (IAD-TLA Team Strength Coach & former Div I athlete)
- Lindsay Kopenhaver (current Div I collegiate track & field athlete & TLA Mentoring Team)
- Joe Sorice (former collegiate football athlete)
Rocket Camp Strength: “Creating a Culture of Excellence” Registration Form:

“Building Strength from the Inside Out”

Camp Outline:
Rocket Camp Strength: “Creating a Culture of Excellence” will be held June 5th-8th at Spring Grove HS. The camp will be from 9AM-2:30PM for ages 13-19. Campers should report at least 15 minutes prior to the start of camp. On June 8th from 6:30-8:00pm (doors open 6pm) at Spring Grove HS we will have our community-speaking event where our McDonald’s $1000 “Ultimate Athlete” Scholarship will be awarded. Included in the registration fee are (3) tickets for the camper and his/her parents. We strongly encourage all parents to attend the closing speaking event and scholarship presentation with their son/daughter. On Fri June 15th, we will also be reserving Neiderer’s Pool and getting pizza for the campers as well as playing pick-up sports at the North Hanover YMCA from 8am-10am. This day will combine participants from the Rocket Camp Strength as well as our other Camp Strength: Power of One program that takes place June 11-14th for athletes from all of the other school districts.

ONLY THE FIRST 60 APPLICATIONS WILL BE ACCEPTED
(SIGN-UP EARLY TO RESERVE YOUR SPOT; CAMP MAXED THE LAST 3 YEARS SO DON’T WAIT! A WAITING LIST WILL BE STARTED AFTER THE FRIST 60 APPLICATIONS ARE RECEIVED.)

***DEADLINE FOR REGISTRATION IS May 28th***

Checks can be made payable to: Training Leaders through Athletics. Please mail the check to:

Training Leaders through Athletics
323 Fox Knoll Ct.
Hanover PA, 17331

GO TO WWW.IADTLATEAM.COM (MULTIMEDIA SECTION) TO WATCH PAST “CAMP STRENGTH: POWER OF ONE” HIGHLIGHT VIDEOS TO SEE WHAT YOU COULD BE PART OF THIS SUMMER!!

Camp Costs:
Base Registration = $175 (check with your school’s Power of One Club director regarding special discounts for active club members!)

- Participation in a 5-day camp
- Camp Strength T-shirt
- Leadership and Strength Training Binder
- Personal Evaluation from one of our Staff Members
- (3) Tickets to the speaking event

Additional Options:

- ½ Price Tickets for the speaking event are available for $5 when included with the registration fee ($10 at the door).
- Personal workouts before or after camp with an IAD-TLA Team staff member can be scheduled for an additional fee (Please contact us if you are interested in this option).

Please complete the information on the following page, and either enclose a printed version with your registration fees or email it back to us. Once your registration materials and fees are received we will reserve your spot in the camp, and prepare your camp materials. Additional Information and Registration Forms can be found on our website at www.iadtlateam.com. For further questions, please contact IAD-TLA Team at (717) 476-8490 or trainingleaders@gmail.com. Thank you!
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1. Briefly tell us what your goals are in life, and what you hope to learn from this camp that will help you to achieve them.

2. Briefly define who you are as an individual, and how you determine success in regard to your personal performance.