

About the director

Roger Dortch-Doan came to DePauw University in 2002 as assistant athletic trainer and became coordinator of strength and conditioning in 2005.

He achieved certification as an athletic trainer (ATC) in 2001 through the National Athletic Trainers' Association and as a strength and conditioning specialist (CSCS) in 2002 through the National Strength and Conditioning Association. He received a B.S. degree in exercise science from Central College and a master's degree in athletic training from Indiana State University.

Dortch-Doan designs and implements strength, speed and agility programs for athletic teams at DePauw. He also manages the performance enhancement series for the student body, a personal training program for the DePauw community, and teaches classes in personal training and nutrition.

Facilities

The ample space and state-of-the-art equipment housed in the Lilly Physical Education and Recreation Center's Neal Fieldhouse and Fitness Center will be utilized for strength, speed and agility workouts. The 520-acre DePauw Nature Park will provide a beautiful, scenic atmosphere for morning warm-up runs and outdoor training sessions. Campers will also have access to the 25-yard by 25-meter swimming pool.

Other notes

All residential campers will be required to give their car keys to a camp staff member until the camp is over – **no exceptions!** Cell phones are not allowed outside of the dormitories. Improper language and poor attitudes are not allowed. Infractions of the rules will be dealt with on a case-by-case basis and may result in immediate dismissal from camp without refund.



About the camp

- Provide a knowledge and understanding of why certain training techniques are employed
- Instruction focused on how to properly perform resistance, speed and agility training exercises
- Proper instruction for power exercises (hang clean, push jerk, etc...)
- Identification of body areas predisposed to injury, and exercises to increase prevention of injuries
- Individual analysis of strength, speed and agility training technique
- Individual analysis of strength, speed and agility needs based on sports played
- Provide information about how nutrition affects recovery and competition, as well as the everyday diet
- Discussion of ergogenic aids and supplements
- Learn how to make a personal commitment to achieving maximum potential
- Develop the ability to see obstacles as opportunity
- Camper to staff ratio of 10:1
- All campers will receive a T-shirt and water bottle
- All campers will receive a CD with exercise demonstrations and guest speaker presentations
- All campers will receive dinner on June 21, breakfast on the June 24, and all meals on June 22 and 23.

2009 Tiger Strength, Speed and Agility Camp

Learn basic principles and practical applications of strength, speed and agility training in order to maximize athletic ability and injury prevention.

June 21-24, 2009

For boys and girls
entering grades 7-12.



Directed by:

Roger S. Dortch-Doan, ATC, CSCS
Coordinator of Strength and
Conditioning

Hosted by:



Greencastle, Indiana

Camp Instructors/Guest Lectures

Campers receive professional instruction from highly qualified Certified Strength and Conditioning Coaches and Personal Trainers. Current staff comes from DePauw, Indiana University-Purdue University-Indianapolis, the ICE Athletic Center, KTFitness in Chicago, Washington and Lee University, and Byrnes High School, South Carolina.

Dr. James Leone of Bridgewater State College will lecture on proper sports nutrition and safe, effective ergogenic aid supplementation. Dr. Leone is an expert in the areas of body image, sports nutrition and supplementation, and anabolic steroids. His research is published in many of the most well-respected health education journals and periodicals, and he has presented at numerous symposiums and conferences both nationally and internationally, as well as at regional and local levels.

DePauw Men's Soccer Coach Brad Hauter, is a master motivator and will speak about chasing dreams and pursuing passions. In addition to coaching soccer, he is the author of numerous plays and books, as well as the host of the nationally syndicated makeover show JUNK'D. Hauter founded and directs the not-for-profit theater group for the homeless called "Off the streets." In 1999 and again in 2003, Hauter rode his riding lawnmower across the United States to raise money and awareness for Keep America Beautiful.

Contact information

For further information, contact:
Roger Dortch-Doan, director
Phone: 765-658-4972
E-mail: rdortch@depauw.edu

A typical day

7 a.m.	Rise and shine
7:15 a.m.	Warm up run/dynamic stretching
8:30 a.m.	Breakfast
9:30 a.m.	Exercise theory, demonstration, instruction
11 a.m.	Sport/action specific work out and analysis
12:15 p.m.	Lunch
1 p.m.	Free time/pool available
2:15 p.m.	Exercise theory, demonstration, instruction
3:45 p.m.	Sport/action specific work out and analysis
5 p.m.	Dinner
6 p.m.	Guest speaker
7:45 p.m.	Evening activity (ultimate frisbee, basketball, etc.)
9 p.m.	Pizza/free time
10 p.m.	In rooms
10:30 p.m.	Lights out

Check-in/Check-out

- Check-in from noon-1:30 p.m., June 21.
- Check-out by noon on June 24.

What to bring

- Sheets or sleeping bag
- Pillow
- Toiletries/personal items
- Soap, towels, wash cloths
- Two pairs of gym shoes
- Sweat clothes, socks and shorts
- Money for pizza during the evenings

Tuition

The cost is \$325 for residents and \$250 for commuters. Full payment or enrollment deposit of \$125 is due with application. Any remaining tuition must be paid at registration. No refunds after June 8, 2009. **Enrollment is limited, so apply early!**

2009 DePauw University Tiger Strength, Speed and Agility Camp

(Duplicate for additional copies.)

Commuter (\$250) Resident (\$325) Roommate preference _____

Name _____ Age _____ Male Female

Address _____ City/State _____ Zip _____

E-mail address _____ Sport(s) _____ Position _____

Round trip service pick-up from Indianapolis International Airport (\$25) Yes No T-shirt (Adult sizes): XXL XL L M S

I hereby authorize the director and employees of the DePauw Strength, Speed and Agility Camp to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release the school from any and all liability for injuries and illness while at the camp. I will be responsible for any medical and other charges in connection with my son's or daughter's attendance at camp.

Parent/guardian signature _____

Make check payable to: Roger Dortch-Doan

Insurance company _____

Send application and check to: Roger Dortch-Doan

Group/policy/ID number _____

DePauw University

Emergency phone contact _____

P.O. Box 37

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