

NEXT CAMP: **JUNE 13 - JUNE 29**

>>>>> REGISTER ONLINE @ [COLLETTIPT.COM](http://CollettiPT.com)

# ATHLETIC PERFORMANCE CAMP

**SPEED  
&  
AGILITY**



**INSTRUCTOR:**

**TAYLOR PECHAUER  
PT, DPT**

*Taylor is a physical therapist at Colletti Physical Therapy, and has 10 years of experience in sports training and coaching at the youth and collegiate level.*



## THE GOALS OF THE CAMP: (RECOMMENDED AGES 12 AND OLDER)

Camps offered by Colletti SportsMed Physical Therapy are designed to:

- Compliment your current season or prepare for your upcoming season.
- Improve speed, power, jumping, agility, strength, conditioning and balance to reach maximal potential.
- Personalize camp to ALL skill levels and ages.

**REDUCE  
RISK OF  
INJURY**

## **REGISTRATION STEPS:**

- 1) ONLINE - [CollettiPT.com](http://CollettiPT.com) (ATHLETIC Performance page)  
Or email/call us: info@collettipt.com / 847.395.6100
- 2) Bring to the first session:
  - a) Completed Consent Waiver (*reverse side or online*)
  - b) Payment **\$100**, checks made payable to:  
*Colletti SportsMed Physical Therapy*

**LOCATION**



**Colletti SportsMed  
Physical Therapy Clinic**

[543 Orchard St.](#)  
[Antioch, IL 60002](#)

(In the back of Orchard Medical Center)

**DATES & TIME:**

**Tues & Thur  
7:00-8:00 PM**

**June 13-June 29**

