

**GET READY FOR  
SPRING & SUMMER SPORTS**

The **SPORTS LAB** is open to those in grades 4-9 who aspire to become a better athlete. Working on all aspects of athleticism, i.e., core strength, speed, mind control, endurance, perseverance, etc., is crucial to every player.

All sports athletes are encouraged to attend this clinic; Baseball, Soccer, Lacrosse, Track & Field, Softball, etc.

The brand new facility at St. Anthony's H.S. is among the best on LI. Access to a state of the art conditioning center, 200m track, and indoor turf field will ensure your success. The Sports Lab will be held Mon-Thurs during the February break (2/16-2/19) for 2 hrs/day. At the conclusion of the clinic you will know *how to become a better athlete*



Dearie's Athletic Endeavors  
34 Bonnie Lane  
Stony Brook, NY 11790  
Address Correction Required



# SPORTS LAB...

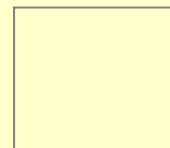
Where You Will  
Become A Complete  
Athlete

A Division of Dearie's Athletic Endeavors, Inc.



Creating Complete  
Athletes

Phone: (631) 721-5652  
Web site: [www.SummitRunning.com](http://www.SummitRunning.com)

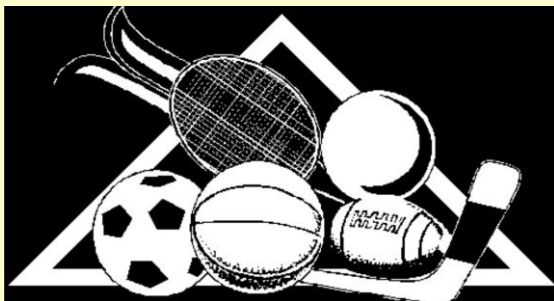


# SPORTS LAB

Dearie's Athletic Endeavors is proud to introduce the *"Sports Lab"*

Learn how to be a *better athlete* with work addressing **SPEED, COORDINATION, STRENGTH, POSITIVE THINKING/MIND CONTROL**

After attending this clinic you will have the *tools and materials* necessary to continue your *athletic journey*. Sessions will be fun and informative. This clinic will act as a *springboard* to your successful spring & summer sports seasons.



## CLINIC DETAILS:

**DIRECTOR:** Tim Dearie, M.S.\*

**DATES:** February 16-19, 2010

**TIMES:** 10:00am - Noon

**LOCATION:** St. Anthony's H.S.\*\*  
275 Wolf Hill Rd.  
S. Huntington, NY

**COST:** \$160.00  
(Call for Team Discounts of 4 or more)

**REGISTRATION:** *Complete form at right, detach & mail with check payable to: Dearie's Athletic Endeavors.*

***Forms must be received by 2/8/10***

\* Tim Dearie, M.S., has taught Physical Education and been a nationally successful Track & Field coach for 25 years. His track athletes regularly participate in State & National competitions and have earned dozens of All State & All American honors. He has written for national publications, been asked to speak at top ranked running camps, and is the founder & owner of the hugely successful Summit Running Camp, the 1<sup>st</sup> of its kind on LI.

\*\*St. Anthony's H.S. Student Center is a brand new state of the art facility. It houses an indoor 200m track enclosing a full turf field, strength & conditioning center, fully staffed physical therapy and athletic training services.

## Registration Form

NAME

ADDRESS

PHONE

E-MAIL (registration confirmation will be sent)

GRADE

GENDER

SCHOOL

By signing this registration form, you are giving consent to camp personnel to secure emergency medical treatment for your child until an adult can be contacted. You further attest that your child has been cleared by a physician to fully participate in all clinic activities. Any limitations placed upon your child, based on a physicians recommendations, are as follows (please explain)

Parent's Signature

**Dearie's Athletic Endeavors, Inc.**

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E-mail: [dearie@SummitRunning.com](mailto:dearie@SummitRunning.com)