

Camps & Seminars

Speed & Power Development Camps

Using a “learn by doing” format, Gamespeed’s Speed & Power Development Camps are designed for athletes of all ages. The camps expose the athlete to the most “potent and effective” training techniques and drills. Our camps are designed to optimize sports performance and reduce the risk of injury. Dynamic warm-up, speed and acceleration, multi- directional speed & agility, plyometrics, explosive power, body and free-weight training, stability and core strength are incorporated into each session.

Types of Camps:

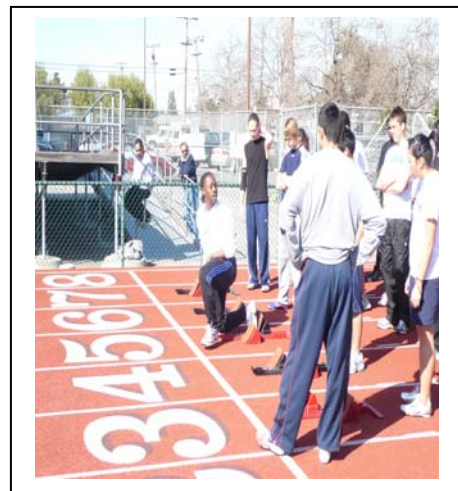
All Sports Speed & Power Development

Baseball Speed & Power

Track & Field Sprints Speed & Power

Football Speed & Power

Basketball Human Flight: Jumps, Speed, Agility



Coaching Seminars & Education Series

Gamespeed’s Speed & Power Development Seminars are designed for teachers, coaches and trainers of all levels. Learn how to develop or enhance your own program. Practical, common sense drills, exercises and training methodology will allow any coach to optimize the potential of their athletes. Training theory, periodization, testing and program design will be presented in multimedia style and/or have great fun with a learn by doing format. Coaches get your T’s and tennis shoes!

Training concepts include dynamic warm-up, speed and acceleration, multi-directional speed & agility, plyometrics, explosive power, body and free-weight training, stability and core strength are incorporated into each presentation.

Taylor Made Series

This series is a customized program format where “you” decide the content. Prior to the seminar meet with Gamespeed and lets layout what topics are of concern to your program. To take it one step further if we do the presentation on your

campus then lets incorporate your facilities so you can see it the way it would work in your setting. Have some of your athletes participate in the demonstration. See it in action, troubleshoot, make the most out of a seminar with real time simulation.

Camp & Seminar Director

Aaron Thigpen started speaking at speed and power venues while a college student at San Diego State in the late eighties. He has continued to be a feature speaker at and for such organizations like: USATF Level I Coaches Education, the US Olympic Training Center, Amateur Athletic Association, South American Olympic Symposium, and various other collegiate, prep, club level organizations of various sports. He has published many articles in the area of speed and power in Student Sports, local and national press and developed a variety of training media.

