

Pricing and Programs:

What does a camp cost? :

Costs will vary according to what is offered, location of the camp, how many times per week, level of camp and sometimes the amount of kids that are participating.

Prices are also priced according to how many days a week, pay per session or flat rate fee. BigTime tries to have as many options as possible to enable kids and families to fit their schedule and needs.

Some people sign up for the entire summer and there is specific pricing for signing up for the summer. Example: for a summer of speed camp 3 x week pricing is some where from \$250-\$300 for the summer. 2 x week is \$185-\$200 for the summer. Paying per session is around \$20 for each session.

Team Camps:

Teams that are interested in having their own camp for their own team are encouraged to do so. Special pricing is available for team speed camps. Pricing will vary according to the type of service, amount of kids, and the number of sessions. BigTime has worked with several teams and has produced some great results for participating teams.

Training Camps:

If athletes are interested in adding a great strength training program we do that also. When we put the speed training together with the strength training that is when we see the tremendous results that people are looking for. When we put all of the training together (strength, core, speed camp) we refer to this as a training camp. Again, pricing will vary according to what we do. In general BigTime will charge somewhere between \$25 and \$30 per session. Some flat rates are available to help cut cost for those that commit to a longer term training situation.

Best thing to do is to contact Brian Blackwell by phone or by email and get your personalized quote for your situation or your team's situation!

BigTime Athletic Development will accept checks as well as Mastercard and Visa. All camps are paid in advance.

Why BigTime Speed Camps?

If you want to be the best athlete you can be then a BigTime camp is the answer. Athletes that complete our camps are always the best conditioned athletes on their team. The results we get with our speed camps create the best athletes possible. We have been turning out these results for the past 10 years.

A BigTime camp doesn't focus in on one thing it incorporates every aspect of building speed and also athletic ability. When the camp is over athletes are able to do things that they were never able to do before. They are faster, stronger, more explosive, more agile and athletic.

Our college bound athletes almost always report back that they were the best conditioned athletes of their freshman class. We have never had a walk-on athlete at the college level not make their team!

We provide young athletes with the level of training that is normally only available for athletes at the college level. This incredible opportunity for these young athletes is one of the best investments that any parent can make for their young athlete.

Any athlete that is serious about their sport knows how important speed, 1st step quickness and explosion is. Our speed camps target one of the most important aspects of almost every sport-speed. So many times speed is the determining factor for athletes that are trying to get to the next level no matter what that level is.

If you need **big time** speed you know where to get it!

BigTime Athletic Development

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Why BigTime Video Analysis?

Do you want to be your best? Do you want to eliminate guess work in what is wrong with your fundamentals? Video analysis is the answer. Regular video tape won't give you what you are looking for! You need to have a program that can break down your activity frame by frame!

The program that BigTime uses for video analysis is the top program in the country for analyzing, breaking down, and providing feedback. We show immediate feedback with our instant replay program, we can use reference clips to play side by side or overlay onto an athlete that is trying to perfect an activity. There is not a better learning tool for an athlete that wants to leave no stone unturned!

BigTime uses the program not only to look at form on lifting, running form, and starts but also for any sport skill that the naked eye is not sufficient for proper correction. This is truly cutting edge and can make a coach or a parent's job so much easier by actually showing the athlete what he/she is doing wrong; instead of just telling them-and they don't truly believe they are doing something wrong. Video doesn't lie!



BigTime video analysis is an incredible tool for improving your starts!

BigTime Speed Camps

Speed Camp?

Speed camp is a loosely used term describing what BigTime refers to as athletic development. The camps that BigTime Athletic Development conducts are designed to not just work on speed but every aspect of athletic development. BigTime development consists of flexibility, form running, speed work, quickness drills, resistance drills overspeed drills, lateral speed, and conditioning. Most speed camps are more of a conditioning camp that are called speed camps. To build speed an athlete has to go full speed or it doesn't work. Programs that over emphasize conditioning don't really work on speed and explosion they cloak their program with overtraining and call it speed work.

BigTime Speed Camp

Flexibility: *To increase stride and prevent injury, flexibility is critical. The longer the stride the faster the athlete will be.*

Form Running: *Eliminating any unproductive motion to any athletes running form will be a big part of squeezing every bit of speed possible from every athletes stride.*

Stride and Turnover Rate: *To increase speed every athlete has to focus on two primary areas-stride and turnover. Our camps work on these areas every day! We stretch them out and speed them up!*

Strength: *To truly work on strength you have to get in the weight room. The speed work won't work unless you have the strength to carry it off. We have the best strength programs available that are separate from our speed camps.*

Core Strength: *Absolutely critical for improving speed and athletic ability. We either handle this in our facility if athletes are in our training camps or we do it on-site.*

Balance: *Almost every activity in sports involves some sort of balance. This is what ties everything together. Many of our drills and exercises involve some sort of balance activity!*

Agility: *Way too many programs focus on just one thing-linear speed. BigTime programs design each program to meet the needs of the athlete and their sports. This involves a lot of change of direction, stopping and starting and sport specific drills and exercises!*

Explosion: *BigTime believes in creating explosive athletes. We work on form and functional running but we don't waste any time when it comes to incorporating explosive exercises. Almost every activity that we do involves 1st step quickness and/or explosion!*

Sport Skills: *A good camp gets beyond just the fundamentals of running. A good camp involves many aspects of the athlete's sport. What good does an athletes that has perfect form but can't translate that into their sport. BigTime camps are great at putting all together.*

Competitiveness: *Creating speed and competitiveness go hand in hand. BigTime believes that competitiveness makes athletes train at a higher level which cranks out the results!*