

Peak Performance
Training Camps

INFORMATION PACK



Composed By – Dave Bond, Brett Bowen & Liam Clayton

Strength & Conditioning Training Course

"Strength and Conditioning is the physical and physiological development of athletes for sporting performance. Strength and conditioning encompasses all forms of training to increase the sporting performance of an individual or team."

Course Aims

The aim of delivering these training courses is to maintain and improve strength and conditioning of the athletes involved as well as offering a beneficial variation to their current training programme.

Training Objectives

By the end of the programme, participants should be able to demonstrate:

- Increased aerobic and anaerobic fitness
- Increased speed, agility, balance, strength and power
- Increased coordination and balance
- Improvement in body composition
- Improved determination and 'competitive edge'
- Great team spirit

Training Methodology

Training is delivered in group sessions and will incorporate drills that target different biomotor abilities. Biomotor ability is a term used to describe the various qualities of performance needed for particular activities such as; Strength, Speed, Endurance, Flexibility, Power, Agility, Coordination and Balance.

There will be various types of drills undertaken throughout this course including SAQ drills, warrior training and sprint drills as well as sessions focusing on both anaerobic and aerobic fitness.

We will also carry out regular assessments of all players to show progression and also assess weaknesses and areas that need more attention. As players progress through the course they will also notice a difference in their mental focus. Strength and conditioning programmes also help improve that 'competitive edge' that players need when competing at top level sports.

Training Session Conduct

Each camp will generally run for 1 hour unless specified otherwise. All athletes will participate in an initial warm up and dynamic stretching to reduce the risk of injury before moving on to the allocated drills for that particular session. Some drills will also incorporate the use of specialised equipment and all participants will be expected to treat equipment with the respect it deserves to avoid injury. At the end of the session all players will be expected to take part in the cool-down and stretches part of the session to ensure they remain injury free and at optimum performance levels.

Fitness Assessments

Fitness Assessments are generally carried out in weeks 1, 5 and 10 of the 10 week course. These are adjusted accordingly in shorter or longer length courses. The tests we use help us assess each player's explosive power, agility, anaerobic fitness, aerobic fitness, local muscular endurance and body mass index. All results are then passed on to the players' coaches at the end of the course to show progression and areas that still need addressing.

The Trainers

Dave Bond

Dave has been involved in the fitness industry for over 5 years. He has managed gyms as well as personal trained at both Fitness First in Ipswich and LA Fitness in Colchester before moving his Personal Training business to Fitness First in Colchester. Dave is also the Head of Strength and Conditioning for Colchester United Ladies Football Club, as well as a number of private clients, including both professional and amateur golfers at Lexden Wood Golf Club. Dave worked with Heart Radio as a personal trainer on their 'Have a Heart' campaign and is fitness matters and fitness events consultant to the £34million health spa at Thorpe Hall.

Dave's is no stranger to sporting challenge, having competed at the very highest levels. He joined the Great Britain Olympic Skeet Clay Shooting Team in 1998 at the age of 13 and won the World Championships in 2001 at the age of 16.



Brett Bowen



Brett Bowen is an award winning personal trainer who strives for excellence. He has a back ground of national sporting excellence and has worked with world champion sporting athletes. Not only does he have a wealth of knowledge, he is able to apply that knowledge practically through his motivational methods. He is able to harness his passion and dedication to fitness and health in a way which inspires others to get the most out of themselves and yet still push for further self improvement.

In the past Brett has represented his country at Judo but excels in Adventure Racing, Triathlons and Tough Man events.

Liam Clayton

Liam has worked in the fitness industry for over 4 years. He has experience-training people of all ages and abilities and has trained many people starting out in fitness.

Being a competitive and sporty person himself Liam believes to get the best out of people you need something to focus on and strive to. He uses realistic goal settings and specific training regimes to ensure, whether he is working one on one in the gym or with a group outside, people are given every opportunity to succeed.



Course Duration

The course duration is decided amongst coaching staff before hand and is adjusted accordingly to fit in with any current schedules that may be in place. 10 weeks is the ideal time frame to run a course but the courses can fit in to most time frames.

Training Location

The training courses are carried out at the training ground of the club involved unless stated otherwise as agreed by the course trainers and clubs coaching staff.

Training Course Administration

The training sessions are adaptable for athletes of all age groups. They can also be adapted to suit different ability levels.

All participants are required to complete a Pre Exercise Questionnaire before undertaking any exercise. This can be downloaded from the website www.dbpersonaltraining.co.uk under the 'Sports Up Close' section or acquired from one of the trainers. All participants under the age of 18 will also require the Parental Consent part of this form to be signed.

For course fees please contact one of the Head Trainers as prices will vary depending on course length and quantity of sessions.

Once registered, fees are not refundable, under any circumstances.

Contact Details

Head Trainers

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