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**CALLING ALL ATHLETES, PARENTS AND COACHES: TIGER
ATHLETICS AND SHOCK DOCTOR TEAM UP ON SUMMER
ATHLETIC DEVELOPMENT TRAINING CAMP**
Unique Training Program Brings Out the Athlete Inside Everyone

INDIANAPOLIS – (May 10, 2011) – Indiana University alums and co-founders of Tiger Athletics, Stacie and Chris Clark, are returning to their home state of Indiana this summer to conduct Tiger Athletics Summer Athletic Development Training Camp for athletes, parents and coaches – and this time they are teaming up with Shock Doctor, the worldwide authentic market leader and creators of innovative, unique performance-driven sports protection and the undisputed leader in mouthguard technology. Together, these innovators in athletic development training and sports protection will offer unique athletic development training camps designed to “bring out the athlete inside” of each participant. The training will focus on developing the athletic characteristics common in all multi-directional sports including speed, agility, quickness, power, core strength, reactivity, balance, and more. The camps will consist of three 75-minute sessions and will be held from Friday, June 10 through Sunday, June 12 from 9 to 10:15 a.m. at Avon Community Park, Activity Field in Avon, Indiana.

Tiger Athletics Summer Athletic Development Training Camp is designed for athletes, parents and coaches. Parents and coaches can register and participate with the athletes, or they can observe the athletes to learn drills, techniques and tips on long-term athletic development as it applies to each athlete’s specific sport. Cost for the training camp is \$65 if registered before Sunday, May 15, or \$75 after May 15. All participants will receive a Tiger Athletics/Shock Doctor t-shirt. To obtain further details and a registration form, go to www.tigerathletics.com.

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“We are excited to be partnering with Shock Doctor because as competitive athletes and certified coaches, we are all about optimizing an athlete’s performance and bringing out the inner athlete in each person, making them better for life sports, competitively or recreationally,” said Stacie and Chris Clark. “As a leader in performance-driven sports protection, Shock Doctor provides athletes with innovative products which enable them to optimize their performance while using best-in-class protection. This, combined with our unique training solutions called the Long-Term Athletic Development (LTAD) Model, creates a set of powerful and effective tools for athletes to use. We integrate the LTAD Model into our training philosophy because it is a game plan for timely development. An athlete will develop an integrated lifestyle system by incorporating mindset, movement and recovery, all while preparing their body for change and proven results.”

To learn more about Tiger Athletics, visit www.tigerathletics.com, or follow them on the Tiger Athletics blog, Facebook, Twitter, flickr, or YouTube. To learn more about Shock Doctor, go to www.shockdoctor.com or follow them on Facebook or Twitter.

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