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

MINNEAPOLIS – (May 10, 2011) – Two Minneapolis-based companies well-known to youth and professional athletes – Tiger Athletics and Shock Doctor – have teamed up to bring the Tiger Athletics Summer Training Camp for kids and adults of all ages and athletic abilities to the Twin Cities. Competitive athletes, certified coaches and co-founders of Tiger Athletics, Stacie and Chris Clark, provide functional athletic training programs and coaching for athletes age 3 to adult. Shock Doctor is 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 training camps designed to “bring out the athlete inside” of each participant, and to teach them specific skills they can use in both individual and team sports, as well as everyday life. The camps are offered in five and 10-week sessions and will be held on Tuesdays and Thursdays from June 14 through August 18 at French Regional Park in Plymouth. For details and a registration form, go to [www.tigerathletics.com](http://www.tigerathletics.com).

The Summer Youth Camp is for kids ages three to 18 years old, and focuses on Speed, Agility and Quickness (SAQ). The kids are divided by age and skill level, with a coach/athlete ratio of 11:1. Kids ages three to five years of age work on F-U-N-damentals which involves overall movement skills, running, jumping, catching and throwing, ABC’s (Ability, Balance and Coordination), speed and fun. Kids ages six to adult focus on improving their athletic ability to accelerate, decelerate, lateral speed and

- more -

ability, and changing directions. All kids will focus on athletic drills and techniques for 60 minutes and will play for 30 minutes, utilizing SAQ to improve their athleticism.

The Adult Camp focuses on Functional Integrated Training (FIT), and helps participants be healthy, pain-free and feel like the athlete they once were – not only for themselves, but also for their families. The Adult FIT Camp teaches how to be able to perform at peak levels, day in and day out, and to maximize your athleticism, fitness and performance levels. The training integrates the “7 Speeds of Athleticism”: (1) Game Action Speed, (2) Action Speed, (3) Movement Speed, (4) Reaction Speed, (5) Decision-Making Speed, (6) Anticipation Speed, and (7) Perceptual Speed.

“We are excited to be partnering with Shock Doctor because 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](http://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](http://www.shockdoctor.com) or follow them on Facebook or Twitter.

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