



PARAKLETE
A FISCHER SPORTS CAMP
for College, High School & Young Athletes

SPEED - BALANCE - FLEXIBILITY - POWER - AGILITY - STRENGTH

PHONE [602] 437-5055

www.fischer-sports.com



PARAKLETE
A FISCHER SPORTS CAMP

IMPROVE YOUR
QUICKNESS & POWER
WITHOUT BECOMING BULKY & SLOW

PROGRAM

FUNCTIONAL EVALUATION

Biomechanical and strength assesment.

SPORT SPECIFIC

Explosive drills on INDOOR grass for Speed, Agility and Quickness with a focus on technique and injury prevention.

FUNCTIONAL STRENGTHENING

Total body strengthening with an emphasis on the core; training motions and movements, not just muscles.

VISIT WWW.FISCHER-SPORTS.COM / PARAKLETE
FOR **PROGRAM SCHEDULE & OPTIONS**

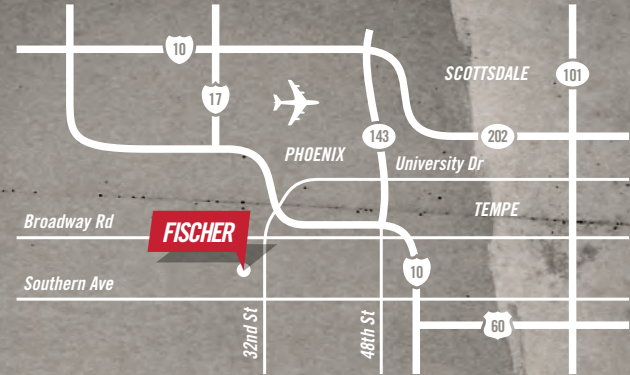
Programs for College, High School & Young Athletes

To learn more about **FISCHER SPORTS** and **PARAKLETE** visit us online www.fischer-sports.com or call [602] 437-5055

FISCHER SPORTS
PHYSICAL THERAPY AND CONDITIONING

PHONE [602] 437-5055 FAX [602] 437-5395

ADDRESS 5750 South 32nd Street
Phoenix, Arizona 85040



WHAT ATHLETES ARE SAYING ABOUT PARAKLETE

JASON St. CLAIR, Tampa Bay Devil Rays

"Mike's camp offers a wide range of exercises including speed, agility, and strength training along with a great atmosphere."

STEPHEN STRIECH, Brophy Prep

"Fischer Sports is the ideal place to work out. It has great people with great work ethic. I wouldn't be where I am without them."

CHARLES BREWER, Senior at Chaparral signed with UCLA

"Training with Mike helped me take my game to the next level, both mentally & physically."

TAKE IT TO THE **NEXT LEVEL!**



PARAKLETE

A FISCHER SPORTS CAMP

Mike McKenney, ATC, CSCS

mike@fisher-sports.com

Mike is a licensed/certified athletic trainer and certified strength and conditioning specialist. He has worked with the San Francisco Giants, Chicago Cubs, Detroit Neon Professional indoor soccer club, and trains NFL and MLB athletes during off-season and conditioning camps. In addition he has spent over a decade working with College, High School & Young Athletes.

Fischer Sports Therapy and Conditioning

www.fischer-sports.com

Fischer Sports is a unique state-of-the-art physical therapy and conditioning center. It is internationally recognized as a top training center where athletes train functionally to enhance their performance. This facility contains a 3,000 square foot indoor "Field Turf" surface with batting cage and regulation pitching mound and is centrally located near the Phoenix International Airport (Sky Harbor).

Past Campers

Erik Averill	Arizona State University	to	Detroit Tigers
Jason St. Clair	Desert Vista HS	to	Tampa Bay Devil Rays
Ike Davis	Chaparral HS	to	New York Mets
Matt Hall	Horizon HS	to	Tampa Bay Devil Rays
Reid Kelly	Desert Mountain HS	to	Houston Astros
Jon Potterson	Chandler HS	to	New York Yankees
Jason Urquidez	Arizona State University	to	Arizona Diamondbacks
Zechery Zinicola	Arizona State University	to	Washington Nationals

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