

## Meet the Instructor

*Steve Turpening*

A life long athlete, Steve graduated from Anthony Wayne HS just outside Toledo, OH where he played football, basketball, baseball, track and club level soccer.

He graduated from the United States Military Academy at West Point in 1986 where he played 4 years of intercollegiate 150 lb Football and also participated in intramural boxing, wrestling, racquetball and softball.

Steve has coached youth soccer (4 yrs) for the Bethlehem Township Bulldogs and was the organization's Soccer Coordinator for 1 year; basketball for 8 years, football for 2 years and baseball for 2 years.

Steve is a Certified Personal Trainer and a Certified Speed, Agility and Quickness Trainer (*Certification by NESTA: National Endurance Sports Training Association*)

Since opening In the Zone in April of 2004, Steve has conducted basketball camps, leagues, clinics and lessons; baseball clinics and lessons; Speed, Agility and Quickness camps and lessons; and many personal training sessions. Steve has coached basetk

Steve is married to Michele and has 3 kids, Savannah 21, Sam 18 and Kailey 5.

## Tournaments 2009

- ❖ Thanksgiving Tune-up Nov 27-29
- ❖ Holiday Hoopla Dec 26-30

## 3 on 3 Tournaments 2009

- ❖ Sunday, Sep 20
- ❖ Saturday, Oct 10
- ❖ Saturday, Nov 14

### 3 on 3 Age Brackets:

- 3-4 grade
- 5-6 grade
- 7-8 grade
- 9-10 grade
- 11-12 grade
- \*\* ADULT \*\*

Some brackets might be combined or changed slightly

- Max. 5 Players/Team
- Male and Female are separate brackets

## Basketball Camps 2010

- ❖ Perimeter Player Camp
- ❖ Big Man Camp
- ❖ Shooting Camp
- ❖ Youth Fun-damentals Camp
- ❖ Court IQ and Scrimmage Camp



**2009-2010**

# **Home School**

## **Gym Classes**

*At*

# **In the Zone**



## **Athletics**

### **Grades K-8**



### **In the Zone**

6870 Chrisphalt Drive  
Bath, PA 18014  
610-837-8605

[www.inthezonesports.biz](http://www.inthezonesports.biz)

To register, complete application below, circle the sessions you would like to attend and mail with payment to: *In the Zone, 6870 Chrisphalt Drive, Bath, PA 18014*

Name(s) \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Parents Names \_\_\_\_\_

Phone \_\_\_\_\_ Grade(s) \_\_\_\_\_

E-mail \_\_\_\_\_

Soccer	Oct 1-Oct 29
Basketball	Nov 5- Dec 10
Volleyball	Jan 7-Feb 4
Floor Hockey	Feb 11-Mar 11
Baseball	Mar 18-Apr 15
Sports Mixer	Apr 22-May 20

### ***Consent and Waiver:***

I certify that my child \_\_\_\_\_ has had a physical examination by a licensed physician within the last year and is in sound physical condition for participation at In the Zone.

I authorize the staff of In the Zone to act for me and to use their best judgment in situations requiring first aid or medical attention.

I understand participation in athletics has certain inherent risks and assume responsibility for those risks. I waive and release In the Zone and those directing the program from any and all liability for any injury my child might incur while participating.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

## ***Overview***

In the Zone will be conducting gym classes for home school students starting Thursday, October 1.

- Each course will be 5 weeks long with one class each week on

**Thursdays from 1:00-1:50  
for grades K-4**

**Thursdays from 2:00-2:50  
for grades 5-8**

- Each 5 week course will cover a particular sport (soccer, baseball, basketball, etc.). The focus will be on fundamentals, teamwork, having fun and conditioning.
- About 10-15 minutes of each class will be devoted to aerobic activity usually in the form of Agility and Quickness Training or relay races.

## ***Schedule***

Soccer	Oct 1-Oct 29
Basketball	Nov 5- Dec 10 (no class Thanksgiving day)
Beach ball Volleyball	Jan 7-Feb 4
Floor Hockey	Feb 11-Mar 11
Baseball	Mar 18--Apr 15
Sports Mixer	Apr 22-May 20

## ***Equipment/Attire***

Unless specifically stated, all classes will be held inside at In the Zone. Students will not be required to bring any equipment. Students should wear appropriate athletic attire such as

shorts, T-shirts, socks and sneakers. Flip-flops and open toed shoes are not appropriate.

## ***Cancellations***

Classes will be held rain or shine. In the event of **severe** inclement weather (blizzards, ice storms etc) the cancellation along with a make-up class will be e-mailed. Parents can also call to check status.

## ***Tuition***

\$25.00 for each 5 week course

Multiple Child Discounts:

\$22.00 for second child

\$20.00 for third child

\$18.00 for each additional child

Arrangements can be made to pay for combined classes, i.e. Soccer and Basketball as a Fall Session in order to meet certain school or state criteria.

## ***Registration***

There is a \$10 registration fee for each family which covers all the kids in that family for the entire academic year, 2009-2010.

To register for a class, complete the registration form, sign the waiver and mail with the \$10 registration fee and half the course tuition for each child. The remainder will be due on or before the first day of class.

**Directions:** From intersection of Rte 512 and 22, north 4 miles on 512. Right on Chrisphalt Dr just before borough of Bath. In the Zone is ½ mile on right. Directions also posted on our website at [www.inthezonesports.biz](http://www.inthezonesports.biz)