

Athletes train with Adrenaline Sports USA

During the off-season, athletes continuously look for ways to improve upon their skills with goals of success in the future.



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In order to achieve their goals, student-athletes look for coaches and instructors outside of school to

become more competitive and more capable of winning championships.

One constant in these workouts is running. Speed, agility, and endurance are all essential for success in high school athletics. With this knowledge, Mr. Paul Caminiti came up with the idea of Adrenaline Sports USA, an outdoor group athletic performance and mental fortitude program for student athletes between the ages of 13 and 18.

"Adrenaline Sports USA is a very unique delivery which has taken me over 10 years of trial and error to develop. August 3 will be exactly one year that I started this company, and I see a very long and bright future ahead. I feel like we haven't even scratched the surface of the powerful impact that this concept and program will have on young student athletes, both for the short and long term. As long as there are athletes, I will be there to help them reach their athletic potentials, goals and beyond," Caminiti said.

Caminiti did not just come up with

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the idea of starting Adrenaline Sports USA on a whim though. He has been running throughout his life and enjoys passing down his knowledge to his students and his family.

"I started running competitively when I was 8 years old when I realized that I was the fastest kid in my town for my age in the 50 yard dash. I went on to compete in high school and then at the Division I level in college for Rutgers University in the mid 1980's," Caminiti said, "I'm still very competitive and enjoy the relationships it has helped me make throughout my life and the perseverance and confidence it has helped me develop. To celebrate this 'gift' and life long pursuit, I ran 40 miles on my fortieth birthday last year."

"One of my life goals is to pass this down, thru example, to our three children. I love the simplicity of running; it can be done virtually anywhere and anytime, all you need is your running shoes and a nice trail or road," Caminiti said.

With the competitive nature of

many of the athletes at DRHS, and with the availability of a coach as qualified as Caminiti, Adrenaline Sports has taken off and athletes all around are looking to join the "culture" (as Caminiti calls it).

Junior football and baseball standout Tyler Benson knows first hand of the growth of Adrenaline Sports.

"I have been training with Paul individually for about two years now. I got a couple of friends involved and it grew from there," Benson said. "He's even trained the varsity baseball team this past winter and the conditioning really helped us become faster and more conditioned."

Junior two sport athlete Chris Copeland mirrors Benson's remarks.

"I've been participating in Adrenaline since this past winter and already I see vast improvements in speed and agility," Copeland said, "The past winter workouts have helped our varsity baseball team come together to be more successful for the spring season."

Along with teaching his students



photo courtesy of Adrenaline Sports USA

Mr. Paul Caminiti works with DRHS student-athletes including freshman Will Snyder (far left) and junior Tyler Benson (left).

in the field of running and exercise, Caminiti also preaches teamwork and the importance of motivating one another.

"We go through a series of workouts and practice team building skills by motivating each other to do our best. The workouts that he puts us through seem close to impossible but he motivates us and helps us accomplish them," freshman football and baseball athlete Will Snyder said, "The thing I like most about Adrenaline is the fact that you are not doing the workouts alone, but instead everybody does them together."

Junior Billy Skrobacz agrees with Snyder.

"It's a good program with a great atmosphere," Skrobacz said.

The praise does not stop there.

"He's a great coach, he motivates me a ton and without his help I wouldn't have been able to do what was required for the workout," freshman Reid Sansom said.

"Paul is very motivational and I love the fact that he does everything that we do because he gets the experience as well. He pushes us to our highest potential. I love Paul to death," sophomore Malena Zelenko said.

For more information, visit www.adrenalinesportsusa.com