



# 2024 STRENGTH & SPEED SUMMER CAMP

# EUREKA STRONG

**2 SESSIONS (RISING GRADES)**

**TIME**

**SESSION #1: 9-12 GRADE HIGH SCHOOL ATHLETES**

**7:30-10:00**

**SESSION #2: 6-8 GRADE MIDDLE SCHOOL ATHLETES**

**9:45-11:45**

## COST

**\$190-1 PARTICIPANT**

**\$160 -EACH ADDITIONAL SIBLING**

**\$40 LATE FEE AFTER 6/7/24**

## CAMP CALENDAR

**WEEK #1: JUNE 10, 11, 12, 13**

**WEEK #2 JUNE 17-18-20**

**WEEK #3 JUNE 24, 25, 26, 27**

**WEEK #4 DEAD WEEK- CLOSED**

**WEEK #5 JULY 8, 9, 10, 11**

**WEEK #6 JULY 15, 16, 17, 18**

**WEEK #7 JULY 22, 23, 24, 25**

**MONDAY-THURSDAYS / 25 DAYS**

## STRENGTH BUILDING

### WT. ROOM/ AUXILIARY STATIONS

The focus will be technique training, core lifts, auxiliary lifts, mobility, and dynamic movements focused on the development of building strong athletes.

## SPEED & AGILITY

### OUTDOOR STATIONS

Conditioning: Aerobic & Anaerobic Running workouts

Athletic Movements: Agilities, ladders, sprints, sprint starts, distance runs, cone drills, running techniques, explosive drills and many other movements.

## SIGN UP & PAYMENT

### PAYMENT OPTIONS

#### 1. ONLINE PAYMENT :

a) Fill Out google

Form:<https://forms.gle/PmmN5XZxDjJb4FDW7>

b) Intouch:

<https://mo-rockwood.intouchreceipting.com>

#### 2. Mail- IN

a) Hard Copy Attached

b) Checks: Rockwood School District