



**STRENGTH & CONDITIONING**  
**SUMMER STRENGTH AND CONDITIONING CAMP**

**WHAT TO EXPECT:**

ACCELERATION & SPEED DEVELOPMENT | AGILITY TRAINING | PROGRESSIVE PLYOMETRIC TRAINING | STRENGTH TRAINING | HOW TO PROPERLY EXECUTE EACH LIFT | CORE STRENGTH | FUN & MOTIVATING ATMOSPHERE

This summer-long training program will take the correct approach to instruct female & male athletes on the proper techniques necessary to maximize their athletic potential. Athletes will also learn the proper mechanics of explosive power and resistance training at an age-appropriate pace. Footwork and quickness will be emphasized to improve change-of-direction skills.

**WHAT TO BRING:**

All athletes will be expected to wear proper athletic clothing (shorts & t-shirt) and appropriate athletic footwear to workout sessions (Gym/Weight room - Running Shoes, Turf/Grass - Cleats). We encourage you to bring a bottle for refilling water as well. Please keep any valuables in your vehicle (wallet, phones, etc.) We will not be responsible for lost or stolen items. Each athlete needs to have a current physical on file prior to working out.

**CONTACTS AND LOCATIONS:**

Location- Field house weight room, track, and football field

HS Girls Head Coaches- Autumn Threet, Michael Hall, Emily Evans, Courtney McCullough, Maddie Ray

HS Boys Head Coaches- Trevor Owens, Stan Short, Cody Salyers, Josh Jones

\*if you need more information please email the head coach of your respective sport

**CAMP SCHEDULES:**

High School Boys and Girls Strength and Conditioning: 7am-9am

Junior High Boys and Girls Strength and Conditioning: 9:30-11am

- Dates for Girls workouts: Weeks of June 10, 17, 24 & July 8, 15, 22 (Mon-Thurs)

\*all sport specific skills sessions will be planned and info sent to parents by head coaches-days and times subject to change weekly