

SUM 2025 - Youth Strength and Speed Camp

WHO: This camp is designed for any youth athletes entering grades 5-8 in the upcoming school year. Participants do not need to be tied to a specific sport in order to join!

WHEN:

Wk1	Tues, May 27th	Wed, May 28th	Thur, May 29th	Fri, May 30th
Wk2	Mon, June 2nd	Tues, June 3rd	Wed, June 4th	Thur, June 5th
Wk3	Mon, June 9th	Tues, June 10th	Wed, June 11th	Thur, June 12th
Wk4	Mon, June 16th	Tues, June 17th	Wed, June 18th	Thur, June 19th
Wk5	Mon, June 23rd	Tues, June 24th	Wed, June 25th	Thur, June 26th

WHERE: Sandra Day O'Connor Weight Room/Turf Field

TIME: 8:30 - 10:00 am

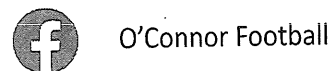
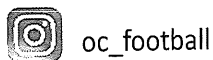
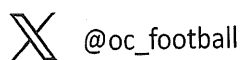
COST: \$200 (Only \$10 a session!!!)

HOW: Cash, Check, or Credit Card at the Sandra Day O'Connor Bookstore

WHY: Participants will benefit from the direct instruction of a Certified Strength and Conditioning Specialist. After completing the 5 week progression, athletes will see improve in the following areas:

Olympic Lifting Technique, Strength & Power, Jumping & Landing Mechanics, Acceleration/Max Velocity, Change of Direction & Quickness, Ankle/Knee/Shoulder Mobility, and much more!

NOTE: All participants MUST have a signed DVUSD Camp Waiver. The waiver can be found attached to this document and turned in on the 1st day of camp. Scan the code to get signed up!



If you have any questions relating to the camp, please contact Varsity Head Football Coach Ben Kullos at coachkullos@gmail.com