



2025 Middle School Strength & Conditioning Camp



All 2025/26 Middle School athletes are welcome!

***Josh Fagan:** 20+ years coaching experience (Boylan HS, Auburn HS, Eagle Point HS, Crater HS) 2 Football State Titles in Illinois. 2019 Oregon High School State Strength Coach of the Year. 2020 NHSSCA Pacific Northwest High School Strength Coach of the Year. Former Division 1 football player. Certified Strength Coach. Varsity Defensive Coordinator for Belvidere North.

***Aimee Fagan:** 10 years coaching experience (SirensSC, Rock Valley College, TimbersFC, RaptorsFC, Eagle Point XC) Former D1 soccer player

***Current and Former High School Athletes**

Guest Speakers: Coach Beck, Coach Brannan, Coach Wilhelmi, Bruyn Yunk and more!

<u>June Calendar</u>	
<u>Tues</u>	<u>Thurs</u>
10th	12th
17th	19th
24th	26th
Camp is from Noon-1:15	

*Campers please arrive 15 minutes early on Day 1 at the athletic entrance (door #31 off of Squaw Prairie).

Questions? coachjfagan19@gmail.com

Camp Sessions

Belvidere North High School is hosting a high school readiness program. We will ensure that all exercises are differentiated for each individual athlete in a fun, safe and competitive environment. Sessions will include a Dynamic Warm-Up, Movement Prep, Multi-Joint/Ground-Based foundational strength exercises, as well as various speed, agility, plyometric and conditioning drills. Camp cost: **\$75**



2025 Middle School Strength & Conditioning Camp Registration & Release Form

Athlete Name _____

Athlete Grade 2025-2026(circle): 6th 7th 8th

Athlete School _____

Camp shirt sizes are guaranteed to athletes who are registered by May 31st.

Athlete T-Shirt Size(circle): YS YM YL S M L XL 2X

Guardian/Emergency Phone _____

Your son/daughter has indicated an interest in registering as a participant in our summer camp. We provide NO medical insurance coverage of any kind and strongly urge that you seek coverage if your son/daughter is not already covered. By registering you are acknowledging that you are waiving and releasing all claims for injuries which your son/daughter may sustain arising from participation in our camp. I hereby understand that I and/or my family members acknowledge the risks inherent in the above mentioned activity and agree that NO liability will be claimed or enforced against any person or group therewith connected. I understand that no hospitalization, health or accident insurance is provided in connection with the said registration. I further state that I have read and understand that this is a general release and that I intend for it to be legally bound by the same.

I hereby give my consent for my child to participate in the Belvidere North High School Sports Summer Camp. I assume all risks in regard to participation in this or any other–Belvidere North High School (District 100) program in which my child participates. I release, indemnify and agree to hold harmless Belvidere North High School (District 100), its directors, administration, officers, coaches, instructors, property owners and volunteers from any and all liability that may result from participation in Belvidere North High School Sports Summer camp.

Athlete name _____ Parent Signature _____ Date _____

Submit this signed form and payment of \$75 to the BNHS athletic office by the end of May for a camp shirt.
9393 Beloit Road, Belvidere, IL 61008

***Make checks payable to Belvidere North High School**