

Austin Packers

Summer Strength Training

Start Date: June 2nd

End Date: July 25th

8 Week Structured Lifting Program

3 Days Per Week

Monday, Tuesday, & Thursday

(June 19th/26th will be moved to June 18th/25th)

Open to Grades 7-12

Groups & Times

<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00
High School Boys Grades 9-12	Intro to Lifting Boys Grades 7-9	High School Ladies Grades 9-12	Intro to Lifting Ladies Grades 7-9

Students will select a Group to work out in for the entire Summer

****New lifters with little to no experience with weightlifting should sign up for Intro to Lifting****
****Middle School Athletes who have completed an Intro to Lifting Program can sign up for Group 1 or Group 3****

A maximum of 45 Athletes will be allowed in a single Group

Focus

- Develop Muscular Strength, Endurance, Mobility and Flexibility through a variety of movements, lifts, and challenges.
- Teach form and function for all athletes in both Olympic Weightlifting and Power Lifting movements.
- Apply Progressive Overload concept throughout the 8 Weeks to challenge the body and develop strength.
- Promote the team growth concept; We get stronger together.
- Individualized Structured Programs for lifter

Registration

<https://austin.revtrak.net/Community-Education/>



Locations

ELLIS RED GYM WEIGHT ROOM

Cost \$60.00

Contact Information

Jacy Bodi

jacy.bodi@austin.k12.mn.us

Twitter

The Strength and Conditioning program will use Twitter as a means of communication and to post about the camp. Feel free to follow the profile @Packer_Str_Cond