

OWLS SUMMER STRENGTH AND SPEED CAMP 2025

SIGN-UP VIA COMMUNITY PASS BY JUNE 8, 2025

Join Coach Molly Jaffe and her husband Dr. Daniel Jaffe in the brand new weight room at Park Ridge High School this summer for the maiden voyage of the OWLS Strength and Speed Camp! The camp will be offered to current 7-12 graders.

Coach Molly Jaffe is a science teacher, former head coach of the 2016 State Championship Girls Soccer program, and the assistant for Indoor Track and Field. She loves instilling confidence in her athletes when using the weight room!

Coach Daniel Jaffe brings over 20 years of experience in the world of strength and conditioning. Dr. Jaffe has coached high school athletes all the way to current Olympians and is also the Head Coach for Army West Point Powerlifting.

This Dynamic Duo will incorporate their knowledge of exercise physiology, biomechanics, and individualized prescribed programming methods to help athletes get ready to be stronger and faster.



Daniel Jaffe



Molly Jaffe

IMPORTANT INFORMATION:

Each of the Maroon and Gold time slots will be capped with a maximum of 20 athletes each; so secure your spot early!

CAMP DATES: PLEASE CHOOSE EITHER MAROON OR GOLD

Session 1: June 23- July 3, 2025

Maroon: 7:15-8:45am

Gold: 8:45- 10:15am

Session 2: July 7- July 17, 2025

Maroon: 7:15-8:45am

Gold: 8:45- 10:15am

Location: Park Ridge High School Weight Room

Cost: \$250 per session

- Daily Schedule: Mobility (15 min) • Agility and Power (15 min)
• Strength (45 min) • Conditioning (10 min) • Cool down (5 min)

Special gift to those who are a part of the inaugural camp