

# **2026 VASD 6<sup>th</sup> Grade**



## ***SUMMER STRENGTH & MOVEMENT CAMP***

### **Camp Vision**

*“To prepare our VASD students **ENTERING 6<sup>th</sup> Grade** for middle school athletic activities.”*

### **Camp Mission**

*“To introduce our incoming 6<sup>th</sup> grade students to the VAHS Strength, Speed & Agility Program, including the basic strength exercises & movement patterns needed, to be a successful middle school athlete.”*

### **Athlete Daily Mission**

*“To fully participate and improve on each of the weekly lower and upper body movements to become stronger, quicker, and more confident.”*

### **Daily Format for all students ENTERING 6<sup>th</sup> Grade**

Every Monday and Wednesday for 7 weeks

At the VAHS track, turf field, and in the Strength & Fitness Center

Mondays and Wednesdays, June 15 – July 29

75 Minute Session: 10:00am – 11:15am

**Camp Director:** Sydney Johnson

**Camp Coaches:** Andrew Riley, Lexy Richardson, Doug Peterson, Rachel Cropp, Jen Waisbrodt, Brianna Edmonston, Jon Stokes, Alex Wottreng, Trevin Lieck, Dave Richardson, & VAHS Athletes/Alumni

### **Students ENTERING 6<sup>th</sup> Grade – Camp Registration/Fee**

To register, go to the link below & find **6<sup>th</sup> Grade Summer Strength**

<https://vasdcommed.recdesk.com/Community/Program>

\$150.00 for the 7-week, 14-day summer camp!

***Train as a Wildcat – Play as a Wildcat***