

2026 VASD 7th & 8th Grade



SUMMER STRENGTH, SPEED & AGILITY CAMP



Camp Vision

“To improve strength and athletic movements for our VASD students ENTERING 7th & 8th grades.”

Camp Mission

“To provide daily instruction & motivation on a variety of exercises & drills to improve the athletes strength & movement patterns.”

Athlete Daily Mission

“To improve on each of the daily lower and upper body movements to become quicker, faster & stronger.”

Daily Format for students ENTERING 7th & 8th Grades

7 weeks on the VAHS track, turf field and in the Strength & Fitness Center
Tuesdays & Thursdays June 16 – July 30
90 Minute Session: 10:00am – 11:30am

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 7TH & 8TH Grade – Camp Registration/Fee

To register, go to the link below & find **7th/8th Grade Summer Strength**

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

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

Train Together...as Wildcats

Reach your potential as an athlete by attending the most comprehensive and proven Middle School Summer Program in the state!

Train as a Wildcat – Play as a Wildcat