



# 2026 HIGH SCHOOL



## SUMMER STRENGTH, SPEED & AGILITY CAMP

### Camp Vision & Mission

*“To increase our incoming 9<sup>th</sup>-12<sup>th</sup> Grade VAHS student’s readiness for sports & competition. To motivate our athletes to perform a variety of daily upper & lower body exercises & drills to improve their sport related strength, speed & agility movements.”*

#### COED SESSIONS

7 weeks on the VAHS track, turf field and in the Strength & Fitness Center  
Monday thru Friday, June 15 – July 31 with three 60-minute session options  
\*\*\*please note - no camp on 6/19\*\*\*

**Cost:** \$250 for the 7-week, 34-day camp!

#### Session level & time choices (NEW THIS YEAR):

**\*\*SEE CHART BELOW FOR DISTINCTIONS\*\***

**Power: 7:00am OR 9:00am**

**Hypertrophy: 8:00am**

#### GIRLS ONLY SESSION (NEW THIS YEAR)

New this year, we are offering a girls only session. All experience levels are welcome.

7 weeks on the VAHS track, turf field, and in the Strength & Fitness Center  
Monday thru Thursday, June 15 – July 30 from 4:00-5:00pm

**Cost:** \$200 for the 7-week, 28-day camp!

*Focuses on upper and lower body exercises, sport-specific drills, and movement training. We aim to enhance strength, speed, and agility while prioritizing injury prevention and proper technique.*

### Camp Directors & Coaches

Directors: Andrew Riley, Lexy Richardson, & Doug Peterson

Daily Coaches: Rachel Cropp, Jen Waisbrodt, Sydney Johnson, Jon Stokes, Alex Wottreng, Brianna Edmonston, Trevin Lieck, Dave Richardson, & many former VAHS athletes!

### Camp Registration/Fee

To register, go to the link below & find the session you want!

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

### Questions?

Email [SFC@verona.k12.wi.us](mailto:SFC@verona.k12.wi.us)

## COED SESSION FOCUSES

### Power

**The Goal:** Explosive force, reaction time, and athletic performance.

Power is designed for the high school athlete. If you play football, track, wrestling, or any sport that requires a "burst" of energy, this is your lane. This class isn't just about how much you can lift; it's about how *fast* you can lift it.

- **Training Style:** Lower repetitions (1–5 reps) with heavier weights or explosive bodyweight movements (plyometrics).
- **Focus Areas:** Central Nervous System (CNS) recruitment, sprinting speed, and vertical jump.
- **Sport-Specific:** Includes Olympic lift variations (cleans, snatches) and medicine ball work to mimic the physical demands of high-contact sports.
- **Best For:**
  - Competitive athletes (Football, Basketball, Lacrosse, etc.).
  - Increasing "functional" strength.
  - Developing better coordination and explosive "twitch" muscle fibers.

### Hypertrophy

**The Goal:** Muscular growth, endurance, and functional mobility.

Hypertrophy is perfect for students who want to improve their physical appearance, increase lean muscle mass, and stay flexible. This class focuses on "time under tension"—keeping the muscles working for longer periods to stimulate growth.

- **Training Style:** Higher repetitions (8–12+ reps) with moderate weights and controlled movements.
- **Focus Areas:** Muscle definition, symmetry, and joint health.
- **Flexibility Component:** We incorporate more dynamic stretching and full-range-of-motion movements to ensure that as you get bigger, you don't get "stiff."
- **Best For:**
  - Building general strength and aesthetic goals.
  - General fitness and health.
  - Students looking to improve posture and overall body composition.

### Questions?

Email [SFC@verona.k12.wi.us](mailto:SFC@verona.k12.wi.us)

Train Together...as Wildcats

