

Speed/Weightroom Camp

Purpose

Improve speed, agility, running form, quickness, balance, and coordination. Weightroom will focus on correct technique, fundamentals and have a daily instructor lead weight training program.

Date & Time

June 8th through August 6th. Monday-Friday. All students will have the opportunity to attend both speed and agility and weightroom training.

Schedule

Girls Weightroom 7:00am-8:00am Monday/Wednesday/Friday

Boys Weightroom 8:00am-9:30am Monday/Wednesday/Friday

Speed/Agility (All students) 8:30am-10:00am Tuesday/Thursday

Eligibility

The camp is geared to anyone entering 6th grade and up. Anyone younger who wants to attend is more than welcome. This is a great way to get conditioned for the fall sports season.

Instructors

Track coaches will run speed/agility programmes along with other NC coaches. The weight room programme will be led by Jeff Gress and Paul Michlig with the help of other coaches and staff.

Cost of Camp

\$60.00 which includes a T-shirt and pizza party on the last day of camp; camp fee must be paid with registration.

NCHS Track Accolades

2003 & '10 Division III Girls State Runner-up

2006 & '07 Division III Boys State Track Champions

2015 Division III Boys State Runner-up

2009 Division III Girls State Track Champions

10 Conference Titles

16 Regional Titles

8 Sectional Titles