

2018 Summer Speed & Strength Camp



*Sponsored by CCA Community School District

Create the
Championship
Attitude

PURPOSE: Progressive speed, strength, and conditioning program working with athletes to increase speed, strength and power. Building athletes physically and mentally, as individuals and as a team!

FUNDS will be used to pay clinicians and purchase specific training tools for the CCA CSD.

CLINICIANS: CCA Strength and Conditioning Coach Kyle Stoner

Gabe Bakker, Jim White, Brandon Clubb

TRAINING SESSIONS: 8 weeks, June 4th-July 27th (July 4 and 5 will be off)

High School (9th-12th grade) 15 Speed Sessions / 23 Strength Sessions- \$125

-Mon-Thu(HIGH SCHOOL SPEED SESSIONS WILL OCCUR SAME DAY AS LIFTING)

7th-8th Graders- 15 Speed Sessions / 15 Intro to Strength Training Sessions- \$100

-Mon-Thu (Speed Sessions Tue/Thu)

6th Graders (5th with approval) 24 Combination Training Sessions- \$75

-Mon-Wed

*If you have more than one child per camp subtract \$25 for each additional child

TIMES-

6:30-8:00 AM (Blue) High School (9th-12th)

7:00-8:30 AM(White) High School (9th-12th)

8:30-9:30 AM(Red) 7th and 8th

9:30-10:30 AM (Green) 6th (5th)

10:30 AM-noon (Grey) High School (9th-12th)

*If your child has a conflict on a day and needs to attend another session that is OK

*There will be some optional/make up sessions provided after the 8 week camp is completed

*Please sign your child up for session they will attend most often and by Fall 2018 Grade Level

*Please return this form with payment to 551 W Marengo Rd, Tiffin, IA 52340

Name of Camp Participant _____ Camp Preference (Color/Time) _____

Parent/Guardian Phone _____ Grade(Fall 18) _____ Shirt Size _____ Email _____

