

2019
CRAWFORD STRENGTH AND CONDITIONING
CAMP
JUNE 8 – JUNE 27

TIME: 9 AM – 11 AM (MONDAY THRU THURSDAY)
COST: \$125 PER PERSON

THIS CAMP IS AVAILABLE ONLY TO INCOMING 7TH AND 8TH GRADE BOYS

THE PURPOSE OF THIS STRENGTH AND CONDITIONING CAMP IS TO ALLOW JR. HIGH ATHLETES AN OPPORTUNITY TO EXPERIENCE PROPER STRENGTH TRAINING TECHNIQUES ALONG WITH QUICKNESS AND AGILITY DRILLS THAT WILL AID IN IMPROVING OVERALL STRENGTH AND SPEED. THIS WILL BENEFIT ANY ATHLETE REGARDLESS OF WHICH SPORT THE JR. HIGH ATHLETE PARTICIPATES IN.

EMPHASIS WILL BE PLACED ON:

1. LEARNING THE CORE LIFTS AND THE PROPER TECHNIQUE NEEDED TO PERFORM THESE LIFTS.
2. TEACH WEIGHT ROOM SAFETY AND SPOTTER TECHNIQUES.
3. PERFORMING PROPER STRETCHING EXERCISES AND FLEXIBILITY ROUTINES.
4. EXPERIENCING QUICKNESS AND AGILITY DRILLS USED TO IMPROVE SPEED AND CHANGE OF DIRECTION.

MONDAY AND WEDNESDAY – WEIGHTLIFTING AND CONDITIONING
TUESDAY AND THURSDAY – QUICKNESS AND AGILITY, ALONG WITH SPEED WORK

*High School athletes will be on hand to help demonstrate proper techniques in the weight room, on the track, and on the football field. They will also be available to monitor progress.

Athletes need only to wear a t-shirt and shorts. Bring cleats (if available) on your running days.

Checks are to be made out to: Crawford ISD

Please fill out and return along with your payment.

NAME: _____

GRADE (FOR SCHOOL YEAR 2019-20) _____

PHONE NUMBER: _____

AMOUNT PAID: _____