



Summer 2010
Strength and Conditioning Program

Date of camp 6/14/10 – 8/12/10

Name: _____

Address: _____

City: _____

Phone: _____

Team Sport(s): _____

Coach: _____

Session (circle one see back of sheet for session info): 1 2 3 4 5 6 7

Year (circle one) 2010-11 school year: 8th Fr. Soph. Jr. Sr.

Make Checks Payable to: Lakeville South Strength Booster Club

Mail To: Lakeville South Strength Booster Club
Attn: Bob Currie
21135 Jacquard Ave. S.
Lakeville, MN 55044

Cost: See back of sign-up sheet

Shirt: All participants that complete 25 of the total 35 sessions will earn a summer achievement shirt! (Fee must be in by due date and Fridays are not counted for total number of days attended for those in session 1-5)

Shirt Size (circle one): S M L XL XXL

Late Registration Fee: Due to scheduling needs, a fee of \$25 will be assessed for ALL registrations received after May 22. NO EXCEPTIONS! Refunds can be given only within the first two weeks of the program. Specific illness or injury must be medically documented for refund.**

Team sign-up: Your time or session may not be listed see your coach or coach Currie for specifics.

Parents: Please read, sign, and attach form to payment

I hereby release ISD #194, Lakeville South Strength and Conditioning Program and its representatives from any and all liability resulting in injury or accident due to participation in the summer strength and conditioning program.

(Parent or Legal Guardian)

2010 Summer Strength and Conditioning				
Session	Time	Program	Days	Price
1	7:30 - 9:00	Elite	M-Thursday	\$130
2	9:00 - 11:00	Football (except 9 th grade will be 8:15 - 10:00)	M-Thursday	\$130
3	10:30 - 12:00	Conditioning	M-Thursday	\$130
4	11:00 - 12:30	Elite	M-Thursday	\$130
5	11:00 - 1:15	Open Lifting	M-Friday	\$110
6	11:45 - 1:15	Elite Swimmer/Diver Training (and 8 th graders and athletes new to strength training) may be moved up to 11:00 if low numbers but refund available	M-Thursday	\$130
7	11:00 - 12:30	Advanced Training	Mondays only	\$55
	10:00 - 1:00	Make-up for missed sessions on M-Th	Fridays only	\$0

Regular Programs

Elite Program: This session is a 50/50 split of high intensity plyometric training and resistance (weight) training. This is the session you should be in if you play high school sports. Athletes will be progressed throughout the summer with a detailed program aimed at making them more athletic. All programs are coach lead and demonstrated. Younger athletes will slowly be acclimated to accommodate various levels of athleticism. This program focuses on both maximal strength and speed strength. This session meets Monday – Thursday.

Conditioning Program: This program is geared for athletes interested in cardiovascular condition, toning, or fat loss but also want to get stronger and more athletic. It is a 33/33/33 split in which athletes do high intensity plyometrics or cardiovascular conditioning, resistance (weight) training, and core training. This program meets Monday – Thursday.

8th Graders and New Lifter Program: This is the elite program for younger athletes, athletes new to lifting, and swimmers. The program is also open to other athletes that can't make the am session but the intensity is less than the other elite programs. In 2009 there were not enough athletes signed up for this program so we moved the athletes that could up to the 11:00 session and refunded those that couldn't do the earlier time so just know this is a possibility based on numbers.

Special Programs (must be in a regular program above to enter this program)

Advanced Speed Strength Explosive Training: This session will be taught by one of the top plyometric trainers in the USA who was also voted the trainer of the year for 2008 by the Nation Strength and Conditioning Association. The program will be geared to increase vertical jumping and speed strength. This session will meet on 6 Mondays. No make-ups available. Subject to cancellation based on sign-ups. This is only open to athletes in an Elite or Football session..

Fridays: we are open on Fridays from 10:00-1:15 for athletes that have missed a session earlier in the week but plyometrics and not done.

Questions: See coach Currie at LSHS
 Email: bgcurrie@isd194.k12.mn.us
 Phone: 952-232-3478