

Summer 2008 Strength and Conditioning Program

Option 1: Elite Program – must do plyometric program each day plus structured weight program with stations. 45minutes each of plyometrics and strength training.

Option 2: Open Lift Program – Program supplied for each athlete but each athlete does program at their own pace. No plyometric program Cardio equipment available for general conditioning.

Option 3: Conditioning Program – this program focuses more on conditioning than strength. 30 minutes each of plyometrics, conditioning, and strength.

Date of camp 6/09/08 – 8/08/08	Session 1 –5 Monday – Thursday
	Session 6 Monday, Wednesday, Friday

****Fridays will be open lifting 10:00 – 1:30 for make-up and those that want a 5th day****

Name: _____	Session 1: 7:30 – 9:00	Elite Program
	Session 2: 9:00 – 11:00	Football Program
Address: _____	Session 3: 10:30 – 12:00	Conditioning Program
	Session 4: 11:00 – 12:30	Elite Program
Phone: _____	Session 5: 11:45 – 1:30	Open Lift Program
	Session 6: 12:00 – 1:30	Elite for Swimmers and 8 th graders

Session (circle one): 1 2 3 4 5 6 7

Year (circle one) 08-09: 8th Fr. Soph. Jr. Sr.

Make Checks Payable to: **Lakeville South Strength Booster Club**

Team Sport(s): _____

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

Coach: _____

Cost: \$125.00

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 session1-5)

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

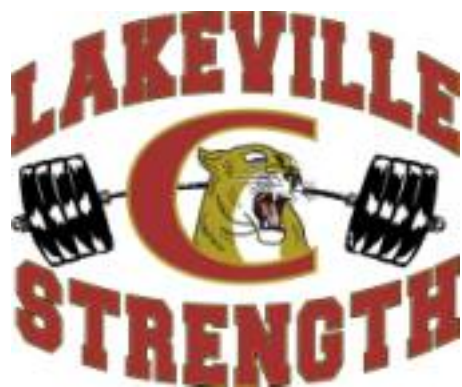
****Late Registration Fee**:** Due to scheduling needs, a fee of \$25 will be assessed for ALL registrations received after May 23. **NO EXCEPTIONS!** Refunds can be given only within the first two weeks of the program. Specific illness or injury must be medically documented for refund.**

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)



Strength and Conditioning Summer Schedule			
Time	Program	Session	Days
7:30-9:00	Elite	1	M-Thursday
9:00-11:00	Football	2	M-Thursday
10:30-12:00	Conditioning	3	M-Thursday
11:00-12:30	Elite	4	M-Thursday
11:45-1:15	Open Lifting	5	M-Friday
12:00-1:30	Elite for Swimming or any 8 th grader	6	M, W, F
10:00-1:15	Make-up for missed sessions on M-Th		Fridays only

Notes:

Fridays:	are open for make-ups or anyone that feels they need a fifth day to lift. Hours are 10:00-1:30. No plyos during open lift.
Camp Schedule:	Starts Monday June 9 th and runs through Friday August 8 th No sessions Thursday July 3 rd or Friday July 4 th
Camp cost:	\$125.00 for all programs
Elite program:	High intensity plyos and high intensity lifting for the athlete looking to get in shape and stronger
Conditioning Program:	High intensity plyos and conditioning with lighter strength program for the athlete that doesn't need as much strength or for people that just want to trim lots of fat. This program hit the core and general conditioning to the max.
Open Lifting:	For athletes that just want to workout at their own pace and do the supplied program if desired or do their own thing. No plyos with this program but the cardio equipment is available.
Swimming and 8th graders!	This program is the elite program for swimmers, younger athletes, and for those that can't make the am sessions
Questions:	See coach Currie at LSHS email: bgcurrie@isd194.k12.mn.us 952-232-3478