



**Summer 2009  
Strength and Conditioning Program**

**Date of camp 6/08/09 – 8/07/09**

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 8

**Year (circle one) 09-10 school year:** 8<sup>th</sup> 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)

2009 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 <sup>th</sup> 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	11:45-1:15	Open Lifting	M-Friday	\$110
6	12:00-1:30	Elite for Swimming or any 8th grader	M, W, F	\$110
7	11:00-12:30	Nutrition for Muscle gain and fat reduction	Mondays only	\$25
8	11:00-12:30	Advanced Training	Mondays only	\$55
	10:00-1:15	Make-up for missed sessions on M-Th	Fridays only	\$0

### New Programs for 2009

**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.

**Nutrition for Muscle Gain and Fat Loss:** This session will teach about the dos and don'ts of nutrition. Athletes will be given handouts and nutritional logs to help them meet their goals. Diet and exercise go hand in hand and you need to get both correct to meet your goals. This session will meet on 3 Mondays. No make-ups available. Subject to cancellation based on sign-ups.

### 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.

**8<sup>th</sup> Graders and Swimmers Program:** This is the elite program for younger athletes and swimmers and only meets 3 days a week. 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. This program meets Monday, Wednesday, and Friday.

**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. This excludes the 8<sup>th</sup> grader and swimmer program which regularly meets on Fridays as usual.

### Information

**Questions:** See coach Currie at LSHS  
 Email: [bgcurrie@isd194.k12.mn.us](mailto:bgcurrie@isd194.k12.mn.us)  
 Phone: 952-232-3478