



# Strength & Conditioning

## SUMMER WEIGHT TRAINING

### WHAT ATHLETES WILL LEARN

DYNAMIC WARM UP: EXERCISES TO PREPARE BODY FOR TRAINING SESSION  
STRENGTH/POWER: SPECIFIC TRAINING TECHNIQUES TO IMPROVE  
OVERALL STRENGTH AND POWER  
SPEED/AGILITY: IMPROVE TECHNIQUE, FOOTWORK, AND LATERAL SPEED  
CONDITIONING: SPORT SPECIFIC CONDITIONING DRILLS  
RECOVERY: EDUCATION ON HOW TO RECOVER THE BODY

### PARTICIPANTS:

HIGH SCHOOL: 9-12

### SESSION DATES:

SESSION 1 JUNE 6<sup>TH</sup> – JUNE 30<sup>TH</sup>

SESSION 2: JULY 6<sup>TH</sup> – JULY 28<sup>TH</sup>

### CLASS DAYS/TIMES

MONDAY – THURSDAY

GROUP 1: 8:00 – 9:15AM (ADVANCED)

GROUP 2: 9:00 – 10:15AM (ADVANCED)

GROUP 3: 10:00 – 11:15AM (BEGINNER)

**ADVANCED:** THEY HAVE TAKEN WEIGHTS CLASS DURING THE YEAR ARE COMFORTABLE WITH THE LIFTS

**BEGINNER:** ANY NEW INCOMING FRESHMAN OR STUDENT THAT HAS LIMITED LIFTING EXPERIENCE AND NOT TAKEN WEIGHTS CLASS

### COST:

\$100 (2 SESSIONS: 30 CLASSES)

BRING REGISTRATION FORM WITH CASH OR CHECK BEFORE JUNE 6<sup>TH</sup>

ATHLETES WILL NOT BE ABLE TO LIFT UNTIL FORMS ARE IN  
ALL SESSIONS WILL BE HELD AT VERITAS CHRISTIAN SCHOOL.



### Strength & Conditioning

Summer Sports Performance Training  
Veritas Christian School  
2016 Registration Form

1. \_\_\_\_\_  
First Name Last Name Age Grade

2. \_\_\_\_\_  
Street Address City Zip

3. \_\_\_\_\_  
Father's Name Father's Cell

4. \_\_\_\_\_  
Mother's Name Mother's Cell

5. \_\_\_\_\_  
Best Contact/Phone # if Emergency

I understand there is a possibility of injury to my child taking part in summer performance training. I agree to be solely responsible to any medical or other expenses related to my child taking part in weight activities, including any injury, and agree to hold harmless Brett Temple, Veritas and its coaches for any expense or damages resulting from any injury related to my child's participation in any summer performance training. Although serious injuries are not common in supervised athletic programs, it is possible only to minimize, not eliminate this risk. Participants can and have the responsibility to help reduce the chance of injury. **PARTICIPANTS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR EQUIPMENT DAILY.** By signing this permission form, you acknowledge that you have read and understand this warning.

\_\_\_\_\_  
Parent Signature Date Student Signature Date