



# 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:

JR. HIGH: 6<sup>TH</sup> – 8<sup>TH</sup>

### SESSION DATES:

SESSION 1 JUNE 20<sup>TH</sup> – JUNE 30<sup>TH</sup>

SESSION 2: JULY 11<sup>TH</sup> – JULY 21<sup>ST</sup>

### CLASS DAYS/TIMES

MONDAY – THURSDAY

11:15 – 12:15

### COST:

\$60 FOR BOTH SESSIONS \$30 FOR 1

BRING REGISTRATION FORM WITH CASH OR CHECK BEFORE/ON JUNE 20<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

Circle one:

Session 1      Session 2      Both

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