

2016 Summer Strength & Conditioning Camp

This summer brings the fourth year of our summer strength and conditioning camp. Program is run and designed by Clear Creek Amana Head Strength and Conditioning coach Kyle Stoner. Coach Stoner has been a strength coach at the high school level for 7 years (starting 4th year at CCA), has worked with MLB athletes and DIII athletes as well. Program is designed to make athletes stronger, faster, and more agile. With this comes the winning attitude.

High School Programming

- 8 week program (June 6th to July 29th)
 - Weight training Monday, Tuesday, Wednesday (Optional/make up day), Thursday, Friday.
 - Speed, agility, conditioning, and competition drills every day with warm ups. Additional conditioning/speed work will begin with 5 weeks left in summer on Wednesdays.
- Camp T-Shirt
- **Cost - \$120.00**

Junior High Programming

- 8 Week program for incoming 7th and 8th graders (June 6 - July 29th)
 - Intro. to Movement and Body Positioning (Mon-Thursday, Junior High given Fridays OFF)
 - Each day will include weight training and speed/agility/conditioning work to achieve understanding of movement and body position.
- Camp T-Shirt
- **Cost - \$100.00**

****NEITHER STRENGTH CAMP INCLUDES FOOTBALL CAMP FEE-IT IS SEPARATE****

Schedule

6:30AM-7:45AM - **Advanced Weightlifting** (High School Only)

8:00AM-9:15AM - *Intro to Movement and Body Positioning* (Junior High Only)

9:30AM-11:00 AM - **Advanced Weightlifting** (High School Only)

11:00AM-3:30 CLOSED

3:30PM-4:45PM - *Intro to Movement and Body Positioning* (Junior High Only)

5:00PM-6:30PM- **Advanced Weightlifting** (High School Only)

Please fill out the form and return to:

CCA Strength and Conditioning,

551 W Marengo Rd,

Tiffin, IA 52340

***Make checks payable to:** *Clear Creek Amana*

Checks can be given to: Kyle Stoner, or Matt Trosky, or dropped off in High School Office.

Name: _____ **Grade** (Fall 2015): _____ **T-Shirt Size:** _____

Address: _____

Emergency Contact: _____ **Email:** _____