



SPARTAN TRAINED SUMMER PROGRAM

Strength, Speed, Agility, and Leadership
“Raise the bar”

Coaches: **Will Short, Chris Mensen, Nora Austin, Cullen Berg, Ben Kissling, Tyler Storm, Jack Ryan**

When:

June 13th - August 5th (Mon, T, W, TH, F) 5 days a week

June 13th: All students should report to the C Gym (Middle School Gym) at their designated time.

****July 4th - July 8th.** There will be a one week MSHSL blackout period. During this time the school and weight room will be closed

Times:

7:00-8:00 AM: Early bird session - HS Boys or Hs Girls

8:00-9:00 AM: High School Girls - Female athletes that are entering 9-12th Grade.

9:00-10:00 AM: High School Boys - Male athletes that are entering 9-12th Grade.

10:00-11:00 AM: Middle School Boys and Girls - Entering 7th and 8th Grade.

Cost:

\$125 Register on SmartSchool K12 Registration Portal

What is it?

Strength Training: Students will get the most up to date strength training program designed to develop core strength and auxiliary muscle groups

Agility Training: Students will do box jumping training, ladder drills, and sport specific movement and agility training

Speed Training: Students will do speed drills that will build explosive power along with plyometrics and vertical jump improvements.

Leadership: Students will do team building exercises and games to build communication and leadership skills.

Accolades

All students who complete 18 sessions of the training camp in good standing will receive a “Spartan Trained” T-Shirt.

Spartan Trained T-Shirts: Black shirt challenge and Gold shirt challenge

Girls - 400lbs - 500lbs - 600lbs - 700lbs club

Boys - 700lbs - 800lbs - 900lbs - 1000lbs club

Students who complete 30 of the 35 sessions in good standing, and meet the requirements will receive a “Letter” for strength training.