

2011 Castle View High School Multi-Sport Summer Strength and Conditioning Program



June 6th – July 29st 2011
Monday, Wednesday, Friday

Ages: 12 and up
Cost: \$100.00 (\$20 non refundable process fee)
Sessions: 23 two-hour sessions (We will not be open July 4th)
Times:
Session 1 6:30 – 8:30 am
Session 2 7:30 – 9:30 am
Session 3 8:30 – 10:30 am
Session 4 9:30 – 11:30 am (recommended middle school
and 1st time lifters)

Castle View Athletics
“Attention to Detail”

Registration and payment due:
May 20, 2011

Registration and \$100 may be turned into:
--CVHS Main Office

or Mailed to:
Castle View High School
Attn. Patrick McHenry—Summer Weights
5254 N. Meadows Drive
Castle Rock, CO. 80109

Facility Information

Training will be conducted in the Castle View High School weight room and plyometrics/agility room and on the outdoor track.

Session Overview

In the CVHS Summer Strength and Conditioning Camp, student/athletes will receive instruction on proper lifting techniques of a variety of lifts that will help gain overall body strength, prevent injuries and improve performance. We will also focus on specific agility and plyometric skills designed to improve an athlete's ability in a **wide range of sports**. The environment will be intense, with training focused on multiple aspects of increasing athleticism and overall physical performance. Sports related topics will be discussed, including safety, proper technique, nutrition and injury prevention. The objective is to enhance athletic/student potential and prevent injuries of students in the age range of 12 years and up.

The following areas of student/athletic development and performance will be covered during each session:

****Speed and Agility***

Athletes will work on foot speed, coordination and proper mechanics of moving quickly and efficiently. This is not conditioning.

****Basic & Olympic Lifting Techniques***

Athletes will cover proper lifting techniques used to strengthen the core, legs, arms, and back. The focus will be on injury prevention and performance enhancement. Weightlifting coaches will introduce the proper techniques in the most explosive athletic weight room exercises, including the squat, hang clean, bench press, incline bench, military, lat pulldowns, and a variety of auxiliary lifts. These moves are commonly used in collegiate and elite training for a wide range of sports.

****Explosive Power***

Any athlete participating in sports requiring explosive movements will benefit from this introduction to plyometric training principals, squat jumps and a variety of other movements to increase explosive power.

What To Bring

*Athletic shoes

*Athletic apparel

*ONLY WATER! SPORT DRINKS are not allowed in weight room/mat room

Policies and Procedures

Summer attendants must comply with the CVHS rules and regulations. All students must participate in each day's activities and follow proper instructions. The training is advanced and may cause injury if performed incorrectly.

Payment

Payments need to be mailed or turned into the office at CVHS with the registration form that is attached to this brochure.

Please make checks payable to: **Castle View High School (CVHS)**.

Questions? patrick.mchenry@dcsdk12.org

*****This camp is appropriate for Boys and Girls from all sports age 12 and up.**

REGISTRATION FORM

Please submit this form, with \$100.00 payment, to: Patrick McHenry at the CVHS office by May 20th 2011 Checks payable to **Castle View High School (CVHS)**.

Student Name: _____

Home Phone: _____

Parent Work/Cell Phone: _____

Emergency Contact: _____

Contact Phone: _____

Age: _____ Birthdate: _____ Gender: _____

INJURIES OR HEALTH CONCERNS:

School Grade in 2011/12: _____

School Attending 11/12: _____

Sports Played Competitively: _____

T-Shirt Size: *S* *M* *L* *XL* *2XL*

Session Attending: (First come first serve!!)

_____ Session 1 6:30 – 8:30 am

_____ Session 2 7:30 – 9:30 am

_____ Session 3 8:30 – 10:30 am

_____ Session 4 9:30 – 11:30 am

Parent Release and Indemnity Agreement

We/I hereby request that you accept the student's application for enrollment in the Castle View High School Summer Conditioning Program. In consideration of your acceptance of this application, we/I hereby agree to release, indemnify and hold harmless the Castle View High School, its agents, employees, representatives or assigns, including the CVHS athletics program, the coaching and training staff, from all claims resulting from any injury sustained by my child while traveling and participating in the program. We/I further hereby give permission to the coaches, training staff or other medical professionals to provide medical care as deemed necessary to my child in case of injury or illness.

Parent/Legal Guardian

Student/Participant

