Please sign, fill out, and return this panel, (with payment), to Coach Golyer.

_____

ATHLETE'S NAME

CHECK or CIRCLE ONE

◊ SESSION 1:
FOOTBALL ADVANCED
7:00am to 9:00am

◊ SESSION 2:
ATHLETIC ADVANCED
Varsity level athletes
7:45am to 9:45am

◊ SESSION 3:
ATHLETIC BEGINNERS
All incoming freshmen and new to program
8:30am to 10:30am

◊ SESSION 4:
STRENGTH TRAINING ONLY
Athletes doing summer leagues, (no agility)
8:45am to 10:00am

DEADLINE: May 25, 2011
PAYMENT OF **$75** DUE
AFTER MAY 25TH: $85
MAKE CHECKS
PAYABLE TO:
POUDRE HIGH SCHOOL

Return to: C/O Coach Golyer
Poudre High School (Front office), or
201 Impala Dr.
Ft. Collins, CO 80521

Where do we go?

We will meet in the auxiliary gym at the beginning of every session for a group warm-up.

Enter through the doors on the west side of the building.

EQUIPMENT NEEDS:

- Shorts
- Shirt
- Tennis shoes and cleats
- Water bottle

WHEN?

- MAY 31st—JULY 15th
- Monday—Thursday
- ADVANCED FB 7:00am.—9:00am
- ADVANCED ATH. 7:45-9:45am
- BEGINNER 8:30am-10:30am
- STRENGTH SESSION ONLY 8:45-10am

P O U D R E S T R E N G T H
A N D C O N D I T I O N I N G

Coach Golyer
Phone#: 488-6047

E-mail:
bgolyer@psdschools.org

POUDRE
Strength and Conditioning
Summer Camp

1. Increase Strength for Performance
2. Decrease Risk Of Injury
3. Improve Change Of Direction
4. Increase Vertical Jump
5. Increase Flexibility
6. Increase Acceleration
7. Increase Top Speed
8. Improve Coordination and Balance
9. Proper Biomechanical Movements
10. Increase Stride Length and Stride

MAY 31st—JULY 15th
"Total Commitment"

Mission: Increase athletic performance and minimize playing injuries.

We will focus on training that will improve athletic competitiveness. This camp will improve the athlete's power, strength, speed, and agility. The main lifts are: Squat, Cleans, Bench, Jumps, Presses, Lunges, and Pulling.

Our speed and agility work will be done outside. The speed training will focus on acceleration and maintaining top speed. Our agility drills will focus on proper and explosive change in direction. Both speed and agility training benefits all athletes in any sport.

In order to help minimize the risk of ACL injuries, especially for females, we will be doing a series of landing, jumping, plyometric training to help strengthen and stabilize the knee joint.

NEW: to accommodate more athletes, a fourth session of weights only is added.

Expectations:

Be committed.

Work hard at improving.

Do your best.

Challenge yourself.

Who is the camp staff?

- Barrett Golyer –Strength, Wrestling
- Steve Bradley–Football
- Brian Faulkner–Track
- Brian Fox– Strength, Football
- Katie Parsanko–Soccer
- Kristi Bibbey–Softball
- Josh Weissman – Wrestling
- Mark Buffington – Baseball
- Ryan Cannon- Strength, Track
- Steve Hawes-Basketball

WORK HARD, ACHIEVE MORE!

CAMP REGISTRATION FORM

Name _____

Street Address/Zip Code _____

_____

School/Grade **(2011-12)** _____

Sport(s) you will play next year. _____

_____

Please make checks payable to: Poudre High School
201 Impala Drive
Ft. Collins, CO 80521

Cost: $75 if registered by 5/25/11

CAMP INSURANCE

I hereby release Poudre School District, Poudre High School, and all coaches and/or staff members from all liability from any injury or illness that may result from my child's participation in camp. I certify that my child is in good physical health and can participate in all camp activities. In the event that I cannot be reached in a medical emergency, I hereby grant permission to the camp directors to act on my behalf in case of a medical emergency. I understand that Poudre High School does not provide camp medical insurance, and that I am responsible for all medical expenses.

_____
Parent/Guardian Name

_____
Signature

_____
Emergency Contact Number