



One Team Middle School Camp

All of us are stronger than any one of us.

Great teams work as one. The One Team Conditioning Camp is designed to allow Coon Rapids athletes to work with coaches and each other in a supervised, highly structured environment.

Open to athletes from novice to highly experienced, our protocol allows us to challenge all skill levels in a supervised, highly structured environment. Athletes will follow a proven, effective training model to ensure gains that translate strength to the court, mat, or field.

SAMPLE DAY

Activation (9:00-9:15)

Prepare the mind and body. Ignite the neuromuscular system, re-establish mobility, and initiate kinesthetic awareness.

Resistance Training (9:15-9:45)

Evolve through power- & technique-intensive lifts, core lifts, and accessory lifts specifically chosen to enhance athletic ability.

Speed & Agility (9:45-10:15)

Develop linear and lateral agility skills while improving linear speed through a progression common athletic movement patterns.

Supplemental Training (10:15-10:35)

Build hip & ankle mobility, shoulder & knee stability, and balance while correcting movement patterns.

Transition (10:35-10:45)

Maximize today and prepare for tomorrow with regenerative techniques for athletes.

WHO: All student-athletes entering grades 6-8 this fall.

WHAT: Summer conditioning camp to improve strength, work capacity, balance, speed, agility, quickness, and more.

WHEN: June 11-28 and July 9-August 2 (21 workouts). Camp runs 9 to 10:45 a.m., Mondays, Wednesdays, and Thursdays.

WHERE: Meet in the CRHS Field House.

WHY: Greatness demands greatness. Great effort, great focus, and a great community with a shared vision.

HOW: Fill out your registration, then send it and your \$60 registration fee to the address on the form. (Checks to CRGC)

Questions

For more information, please email Coach Taylor at james.taylor@ahschools.us

We look forward to helping you become Cardinal Strong.

One Team Middle School REGISTRATION

(Athlete's first & last names)

 / /
(Athlete's date of birth)

6 7 8
(Circle grade for fall of 2018)

XS S M L XL 2XL 3XL
(Circle athlete's T-shirt size)

(Athlete's e-mail)

(Parent / guardian e-mail)

(Parent / guardian phone number)

Enclose the \$60 camp fee (checks to CRGC) & mail to:

One Team Conditioning Camp
Coon Rapids High School
2340 Northdale Blvd NW
Coon Rapids, MN 55433

By virtue of my signature, I hereby release all instructors, Coon Rapids High School and staff, and any other students from all liability for personal injury that may occur during or after my participation in the One Team Conditioning Camp. NO REFUNDS AFTER JUNE 11th.

(Parent / guardian signature)

 / /
(Date)

Pre-existing injuries or concerns?

If the above athlete has any pre-existing injuries, surgeries, or other physical issues that you feel camp staff needs to be aware of, please check "Yes" below, and on the back of this form explain the nature of your concern.

____ Yes ____ No relevant concerns