

2025 HIGH SCHOOL SUMMER STRENGTH, SPEED & AGILITY CAMP

Camp Vision & Mission

"To increase our incoming 9th-12th Grade VAHS student's readiness for sports & competition. To motivate our athletes to perform a variety of daily upper & lower body exercises & drills to improve their sport related strength, speed & agility movements."

Daily Format **(NEW THIS YEAR)**

7 weeks on the VAHS track, turf field and in the Strength & Fitness Center
Monday thru Friday, June 16 – August 1 with four 60-minute session options

please note - no camp on 6/19 or 7/4

Session level & time choices:

Advanced: 6:30am OR 8:10am

Intermediate: 7:20am OR 9:00am

Intermediate	Advanced
• <u>Less than 2 semesters</u> of Strength, Speed, and Agility (includes both summer and the school year). • A minor goal is to gain strength, speed, and explosiveness over the summer. • A major goal is to just stay physically fit over the summer. • A major goal is to play a varsity sport, be elite in a club/non-school sport, or push yourself to be an elite athlete <u>in the near future</u>. • Aren't as confident in back squatting, bench press, hang/power cleans, and in the weight room in general. • Preference for higher reps with lower weights. • Want to focus on general fitness.	• At least <u>2 semesters</u> of Strength, Speed, and Agility (includes both summer and the school year). • A major goal is to gain strength, speed, and explosiveness over the summer. • A major goal is to play a varsity sport, be elite in a club/non-school sport, or push yourself to be an elite athlete. • Feel confident and have strong form in back squatting, bench press, hang/power cleans, and in the weight room in general. • Preference for lower reps with higher weights. • Want to have the small details critiqued and improved by coaches.

Camp Directors & Coaches

Directors: Andrew Riley, Lexy Richardson, Ben Laxton, & Doug Peterson

Daily Coaches: Rachel Cropp, Jen Waisbrodt, Sydney Johnson, Jon Stokes, Alex Wottreng, & Dave Richardson

Camp Registration/Fee

To register, go to the link below & find the session you want!

<https://vasdcommmed.recdesk.com/Community/Program>

\$220.00 for the 7-week, 35-day summer camp!

Train Together...as Wildcats

Questions? Email SFC@verona.k12.wi.us

