

**2016**  
**WEIGHT LIFTING CAMP FOR HIGH SCHOOL STUDENTS**

**SYLLABUS:**

**Cleans; Bench; Squats; Incline bench; Plyometrics; Run Mt. Helena**

May be included in workouts on any given day.

Camp Itinerary: Camp sessions will be held from 6:00 a.m. to 7:00 a.m. Monday through Friday. A minimum of 40 students is required to hold this camp. A **fee of \$65.00** per student is required for this summer program. The program will run from June 13, 2016, through July 29, 2016. **A student must be of high school age to participate in this program.**

**Camp Sessions for Middle School Boys and Girls will be held daily 7:00 – 8:00 a.m.** These students will be instructed in correct lifting techniques and plyometrics.

The camp will be held at Capital High School weight room and track. The camp will emphasize physical strength and improvement of lifting skills. **Students enrolled in the weight lifting program may also attend the DOTS and physical enhancement camp held at 8:00 a.m. for no additional fee.**

The parent/guardian of the participant of this camp acknowledges that there are certain dangers inherent in any athletic program and bodily injury could occur while participating in the camp. The parent/guardian agrees that the undersigned student will not hold instructors and staff for any liability for any accident or injury resulting from participation in the camp. The camp will not provide insurance of any kind for participants in this camp. **FOR FURTHER INFORMATION, CALL LON CARTER: 442-1783.**

Parent/Guardian Signature: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Student: \_\_\_\_\_ AGE: \_\_\_\_\_

Date: \_\_\_\_\_

**ANY INAPPROPRIATE BEHAVIOR WILL NOT BE TOLERATED.**

**Inappropriate lifting will not be tolerated. (You MUST have a spotter. You MUST use a collar on the bar.) The student may be removed from the camp at the discretion of the Director.**

**Make checks payable and send application to LON CARTER**  
**450 Crystal Springs Rd.,**  
**Helena, MT, 59602**

**Middle School and Girls Lifting will be held daily 7:00 – 8:00 a.m.**  
**High School Aged Boys lifting will be held daily 6:00 – 7:00 a.m.**

