

2018
PERSONAL ENHANCEMENT, CONDITIONING, WEIGHT
LIFTING CAMPS

SYLLABUS:

Monday: DOTS, mat jumps, stretching, abs and related skills

Form running

Tuesday: Tae Bo, stretching, abs, form running

DOTS and plyometrics

Wednesday: Buns of steel, stretching, abs and running skills

DOTS and related skills

Thursday: Running skills, jumping skills, stretching, abs

DOTS and plyometrics

Friday: Jerry Rice leg workout, stretching, abs

DOTS and form running

Camp Itinerary: Camp sessions will be held from 8:00 a.m. to 10:00 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 camp. The camp will run from June 11, 2018, through July 27, 2018. Camp will be held at Capital High School gymnastics room, track, gymnasium and weight room. The camp will emphasize individual improvement, physical skill development, injury prevention, motivation and conditioning for next fall. **Students enrolled in the weight lifting program, which is held from 7:00 to 8:00 a.m may also attend the DOTS and physical enhancement camp held at 8:00 to 10:00 a.m. at no extra cost. Students who are not physically capable of lifting safely will not be allowed to lift. This is determined by the instructor.**

This camp is for Middle School and High School aged students.
Students must be entering 6th grade to be Accepted

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 the participants in this camp. **Any physical limitations or chronic conditions impacting a student's health must be reported to Mr. Carter prior to beginning workouts. FOR FURTHER INFORMATION, CALL LON CARTER: 442-1783.**

Parent/Guardian Signature: _____

Address: _____

Telephone Number: _____

Student: _____ **GRADE:** _____

Date: _____

Any Inappropriate Behavior Will Not Be Tolerated. The student may be removed from the camp at the discretion of the Director. Make Checks payable to Lon Carter, 450 Crystal Springs Road, Helena, MT 59602.