

2020

PERSONAL ENHANCEMENT and CONDITIONING CAMP

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 \$85.00 per student is required for this summer camp. The camp will run from June 22, 2020, through July 28, 2020. Camp will be held at Capital High School gymnastics room, track, and gymnasium. The camp will emphasize individual improvement, physical skill development, injury prevention, motivation and conditioning for next fall. **THIS CAMP DOES NOT INCLUDE WEIGHT LIFTING AS THAT IS A SEPARATE CAMP.**

This camp is for Middle School and High School aged students.

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, injury, or sickness resulting from participation in the camp. The camp will not provide insurance of any kind for the participants in this camp. **Due to Covid19 Any physical limitations or chronic conditions impacting an athlete, that athlete and their parents need to reconsider attending this camp.**

Procedure for Athletes Entrance to Participate in Summer PERSONAL ENHANCEMENT and CONDITIONING CAMP

Athletes will be required to:

- Sign-in every day. Records of who is in attendance are required.
- Pre-Screening Questions required at check in for participants:
 - Do you have a fever, cough, respiratory illness, or shortness of breath?
 - Has a household member has tested positive for COVID-19 in the two weeks?

A YES TO EITHER: STUDENT WILL NOT BE ALLOWED TO PARTICIPATE

- Governor mandated group size limitations, including coach counts, will be followed. It will be first come first serve daily. Once we reach our capacity of our camp the doors will be closed for that day.
- **All-student athletes will be required to provide their own individual water bottle. No sharing of water bottles or use of drinking fountains except to refill a student's individual water bottle.**
- **ONLY ATHLETES WHO HAVE PAID THE FEE WILL BE ALLOWED TO ATTEND THE CAMP.**

FOR FURTHER INFORMATION, CALL LON CARTER: 459-4660.

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.