



SUMMER 2023 PERSONAL ENHANCEMENT and CONDITIONING CAMP

SYLLABUS:

- Monday:** Dynamic stretching, running skills, Lower body strength training, form running, DOTS, core work, Speed Bands, conditioning, explosive training.
- Tuesday:** Dynamic stretching, running skills, Upper body strength training, form running, DOTS and plyometrics, Tae Bo, Core work & Upper Body Plyometric Strength Training
- Wednesday:** Dynamic stretching, running skills, Lower body strength training, Jump rope, Jerry Rice leg workout, DOTS and related skills, Speed Bands, Buns of steel.
- Thursday:** Dynamic stretching, running skills, Upper body strength training, jumping skills, DOTS and plyometrics, Core work & Upper Body Plyometric Strength Training

Camp Itinerary: Camp sessions will be held from 8:00 a.m. to 10:00 a.m. Monday through Thursday. The fee of **\$85 Dollars** per student is required to attend this summer camp. The camp will run from June 12, 2023, through July 28, 2023. Camp will be held at Capital High School wrestling room, track, upper decks, gymnasium, and CHS weight-room. The camp will emphasize individual improvement, physical skill development, injury prevention, self-motivation, and conditioning for next fall. Starting July 1st, the CHS Gymnasium will be closed for renovations. Camp will continue in other areas: weight room, wrestling room, track and football field.

CAMP WILL NOT BE IN SESSION FOR THE FOLLOWING DATES: JULY 3rd, 4th, 5th, 6th.

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. **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 for attendance.
- 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 LEE CARTER: 406-431-7536.

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 Lee Carter, 100 Meadow Drive, Helena, Montana 59601.