

CAMP STAFF

Bartram Trail Coaches.

Athletes will receive instruction from USA weightlifting certified coaches.

Safety will be stressed at all times.



Bartram Trail High School
7399 Longleaf Pine Parkway
St Johns, Florida 32259

Phone: (904)547-8340

Fax: (904)547-8359

Email: Ronald.Reagan@stjohns.k12.fl.us

BARTRAM TRAIL



Camp

When:

June 6th - July 27th, 2017
Mon, Tues, Wed, & Thursday
1PM - 3PM

Where:

BTHS WEIGHTROOM

Who:

Rising 9th - 12th Graders

Daily Schedule

- CNS Activation—warm up
- Bar mobility
- GPP [General Physical Preparation]
- Olympic Lifts [Snatch / Clean&Jerk]
- Auxiliary progressions
- Cool down Stretches



Location

BARTRAM TRAIL WEIGHTROOM

Schedule

Sessions will be offered

M, T, W & THURS:

1:00PM –3:00 PM

for rising 9th—12th Graders

For optimal athletic gains athletes should attend 4 sessions per week

What to Bring

Campers should wear workout clothes (T-shirt, shorts, athletic and lifting shoes, etc.).

Physicals/Permission

Every participant must have a current athletic Physical , Parent Permission form, and Heat/ Concussion form on file w/ BT Athletics.

Registration Form

Name: _____

Parent/Guardian Name(s): _____

Address: _____
street

city zip code

Phone: (____) _____ - _____

Grade fall '16: _____ Date of Birth: __/__/__

CAMP COST: \$100 for the entire summer
The camp fee may be paid by cash, check, or online.
Please make checks payable to Bartram Trail High School.

Method of Payment

Check (# _____)

Cash

Disclaimer:

I as a parent/guardian, hereby give permission for my child to participate in Strength Camp. I acknowledge the fact that she is physically able to participate in camp activities. I authorize the directors of the camp to act for me according to their best judgment in any emergency requiring medical attention. I acknowledge that I will be responsible for any cost (through family medical insurance or otherwise) due to sickness or injury to my daughter. I hereby waive any claim I might have against the Strength Camp and the institution providing the facilities.

Parent/Guardian Signature _____ /____/____
Date

(Detach along line and return with payment)