

CAMP STAFF

Bartram Trail Coaches.

Athletes will receive instruction from USA weightlifting certified coaches.

Safety will be stressed at all times.



Savannah Parker

2018 State Medalist



2018 District Champions

**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



SUMMER CAMP

When:

June 4th - July 26th, 2018

Mon, Tues, Wed, & Thursday

10AM - 12PM

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

TRAINING SESSIONS

MONDAY TO THURSDAY

10:00 AM— 12:00 NOON

What to Bring

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

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 '18: _____ 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.

*** All participants must have a current physical ***

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. 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)