

## Camp Staff

The Camp is staffed by the Bartram Trail Coaching Staff. Athletes will receive instruction from experienced professionals.

Spotters will be properly trained and safety will be stressed at all times.



### Strength, Speed and Agility Camp

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

Phone: (904)547-8340

Fax: (904)547-8359

Email: [sutherland@stjohns.k12.fl.us](mailto:sutherland@stjohns.k12.fl.us)

## BARTRAM TRAIL STRENGTH SPEED AGILITY Camp



When:

May 31 - July 28 2017

Rising 10th-12th Graders

7:30-9:45 AM

Monday, Tuesday, Wednesday, Thursday

Rising 9th Graders

6:00PM-8:00 PM

Monday, Tuesday, Thursday

Tel: (904) 547-8340

## Program Design

Head Strength and Conditioning Coach



Marc Nadeau  
M.Ed., CSCS, USAW

Coach Nadeau, a certified Strength and Conditioning Coach, brings a wealth of knowledge he has gained in his experience as a collegiate Strength and Conditioning coach, a trainer at the HIT Center and Velocity, and a trainer of world class athletes. The program he has designed will help participants develop as complete athletes, improving strength, explosiveness, agility, speed, endurance, and mental/physical toughness.



**A variety of exercises are incorporated to improve overall strength, power, and coordination as well as injury prevention.**

## Daily Schedule

Each day athletes will warm up with Dynamic (active—range of motion) Stretches and Static (stop and hold—elastic) Stretches. They will then lift weights concentrating on specific muscle groups. This will be a combination of strength and power lifts with multi-joint and isolation exercises. The athletes will then do exercises to improve agility, speed and explosiveness. This will be accomplished through a variety of means (agility drills, plyometrics, speed training devices, etc)

## Facilities & Equipment

The Bartram Trail Athletic Complex :  
2000+ square foot Weight Room  
4,500+ pounds of free weights  
State of the art equipment  
The Bartram Trail Track  
Rubberized 1/4 mile Track  
Athletic Fields  
Speed Equipment  
Over-speed trainers (bungee cords),  
resistance harnesses, Rocket Ropes,  
parachutes, speed sleds  
The Bartram Trail Gymnasium

## Schedule

7:30 - 9:45 AM - for rising 10th—12th Graders  
6:00 PM - 8:00 PM - for rising 9th Graders

Rising 9th Graders will train three evenings (M, T, TH) per week. The evening sessions are more instructional in nature and are geared toward first time participants. The morning sessions (M, T, W, TH) are for returning participants.

\* the camp will be closed on Tuesday, July 4

## What to Bring

Campers should wear workout clothes (T-shirt, shorts, tennis shoes, etc). Participants may be asked to bring cleats on certain days as well.

## Physicals / Parent Permission

Every Camp participant must have a current athletic Physical and Parent Permission form on file in the BTHS Athletic Department .

## Registration Form

Name: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

street

city

zip code

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Grade fall '17: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

**CAMP COST:** \$95 for the entire summer  
Please make checks payable to Bartram Trail High School. Payment can also be made online. There is a link on the BTHS Football web page.  
<http://www-bths.stjohns.k12.fl.us/athletics/football/>

### Method of Payment

Check (# \_\_\_\_\_)

Cash  Online

### Disclaimer:

I as a parent/guardian, hereby give permission for my child to participate in The Strength, Speed, Agility Camp. I acknowledge the fact that he 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 son. I hereby waive any claim I might have against The Strength, Speed, Agility Camp and the institution providing the facilities.

Parent/Guardian Signature \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date

(Detach along line and return with payment)