

Camp Staff

The Camp is staffed by a top notch Coaching Staff.

Athletes will receive instruction from experienced professionals. Spotters will be properly trained and safety will be stressed at all times.



Additionally, applicable CDC Guidelines will be followed.



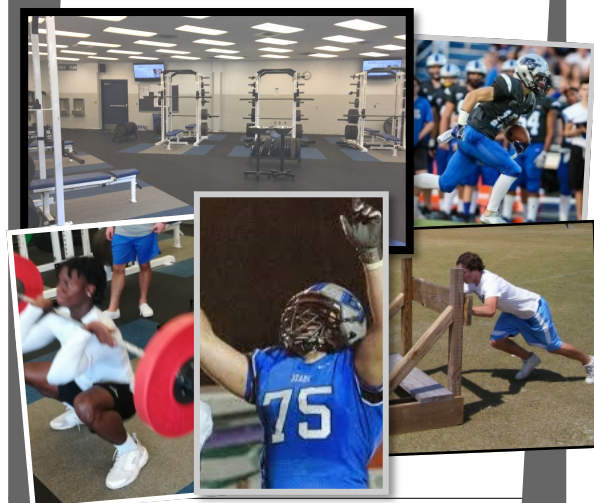
Speed, Strength and Agility Camp

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

Email: darrell.sutherland@stjohns.k12.fl.us

SPEED STRENGTH AGILITY

Speed, Strength and



When:

June 15 - July 23, 2020

Rising 10th-12th Graders

7:30-9:45 AM

Monday, Tuesday, Wednesday, Thursday

Rising 9th Graders

6:00PM-8:00 PM

Monday, Tuesday, Thursday

Program Design

Head Strength and Conditioning Coaches



Marc Nadeau
M.Ed., CSCS, USAW



Ron Reagan
Level 2 USAW

Our Coaching Staff brings a wealth of knowledge and experience. Our staff has collegiate and High School Strength and Conditioning experience, and has a proven track record of preparing athletes for success. The program 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 start with a Dynamic Warm Up (active—range of motion). They will then lift weights: a combination of strength and power lifts with multi-joint and multi-planar exercises. The athletes will then do exercises to improve agility, speed and explosiveness (agility drills, plyometrics, sprint mechanics, 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,
resistance harnesses,
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.

What to Bring

Campers should wear workout clothes (T-shirt, shorts, tennis shoes) and bring cleats. All participants must bring a personal water bottle clearly labeled with the camper's name.

Physicals / Registration

Every Camp participant must have a current athletic Physical (EL2 form) and have registered via Athletic Clearance.com

<https://www-bths.stjohns.k12.fl.us/athletics/forms/>

Registration Form

Name: _____

Parent/Guardian Name(s): _____

Address: _____
street

city zip code

Phone: (____) ____ - ____

Grade fall '20: ____ Date of Birth: ____/____/____

CAMP COST: \$115 for the entire summer
Please make checks payable to Speed, Strength and Agility LLC.

Method of Payment

☐ Check (# _____)

☐ Cash

Disclaimer:

I as a parent/guardian, hereby give permission for my child to participate in The Speed, Strength, and 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 Speed, Strength and Agility Camp and the institution providing the facilities.

Parent/Guardian Signature _____ /____/____
Date

(Detach along line and return with payment)