Summer J.A.C.

Jaguar Athletes Course
Flower Mound Strength and Conditioning Camp

PURPOSE

J.A.C. is a six week strength and conditioning program designed to develop the comprehensive skills required for athletes at all levels. The program will consist of training in the following areas:

- **Age appropriate strength training focusing on functional movement and technique.**
- **Flexibility and mobility training.**
- **Explosive development to improve quickness and change of direction.**
- **Straight line speed training.**
- **Improvement of overall conditioning levels.**

GOAL

The J.A.C. training program is designed to improve the overall strength, speed and conditioning levels of each athlete to appropriately prepare them for their sport. Research indicates that a technically sound strength and conditioning program will significantly decrease the risk of injury. The program will also develop confidence both physically and mentally for every athlete who regularly attends the program.

CAMP INFORMATION

Camp will be held at Flower Mound HS Athletics Complex. The camp will be run current FMHS Coaching Staff, and a full time trainer will be on site each day.

DATES

June 11th-June 14th (Week 1) June 18th – 21st (Week 2) June 25th – June 28th (Week 3)
Week of July 2nd (Off)
July 9th – July 12th (Week 4) July 16th – July 19th (Week 5) July 23rd – July 26th (Week 6)

REGISTRATION

Online registration is available at www.lisd.net/fmhs under Summer 2018 Sport Camps.

**All participants must have a current UIL Athletic Physical clearing them for participation. HS Athletes must have form on file with trainers. All MS Athletes must send copy of form with registration.

Name _____ Age _____ Grade (18/19 school year)_____

T-Shirt Size (Circle one) YM YL YXL AS AM AL AXL AXXL AXXXL

Parent Name_____ Address _____

Parent email _____ Parent contact number _____

Please check the camp below that you are signing up for:

_____Session I	7:45 – 9:15 a.m.	Varsity Football	Cost $100
_____Session II	8:30 – 10 a.m.	JV Football/HS Boys Athletics (non-football grades 9-12)	Cost $100
_____Session III	9:15 – 10:45 a.m.	Incoming 9th Football/HS Girls Athletics (grades 9-12)	Cost $100
_____Session IV	10 – 11:30 a.m.	Incoming 8th grade boys and girls	Cost $100
_____Session V	10:45 – noon	Incoming 7th grade boys and girls	Cost $100

*Please make checks payable to FMHS
Tear off form and mail to:
Flower Mound HS
c/o Brian Basil
3411 Peters Colony Rd
Flower Mound, TX 75022

**A percentage of all registration fees will be used towards weight equipment for FMHS and all feeder Middle Schools.