



# MIDDLE SCHOOL SUMMER CONDITIONING

**10:15am - 11:20am**

June 3, 5-6  
June 10, 12-13  
June 17, 18, 19  
June 24, 26-27

July 1st  
July 8, 10-11  
July 15, 17-18  
July 22, 22-24

Instructor: Rob Rathbun  
rathbun.rob@westada.org  
340-2591

THIS IS A VOLUME BASED TRAINING PROGRAM IN WHICH THE LOADS, VOLUME AND INTENSITY WILL GRADUALLY INCREASE THROUGH THE TRAINING CYCLE. THE EMPHASIS WILL BE ON TECHNIQUE FIRST. HOW WELL WE PERFORM AN EXERCISE WILL YIELD MUCH BETTER RESULTS THAN WORKING WITH GREATER LOADS IMPROPERLY. THE MAJORITY OF OUR STRENGTH WILL BE USING OUR BODY WEIGHT ONLY. YOUR CHILD WILL WORK ON SKILLS TO IMPROVE THEIR ENDURANCE, FLEXIBILITY, CHANGE OF DIRECTION, JUMPING ABILITY AND RUNNING MECHANICS. THE MAJORITY OF THE TRAINING THAT WE WILL DO WILL BE WHOLE BODY MOVEMENTS AS OPPOSED TO MORE TRADITIONAL SINGLE JOINT MOVEMENTS THAT YOU WOULD FIND IN A BODYBUILDING OR POWER-LIFTING TYPE OF WORKOUT. THE GOAL OF THIS PROGRAM IS TO INCREASE FUNCTIONAL STRENGTH AND ATHLETICISM WHILE DEVELOPING AN ATHLETE THAT CAN SUSTAIN A HIGH LEVEL OF ACTIVITY FOR LONG PERIODS OF TIME. MUCH OF THE TRAINING IS GEARED TOWARD DEVELOPING BALANCE AND CORE STABILIZATION TO BOTH ELEVATE ATHLETIC PERFORMANCE AND REDUCE THE RISK OF INJURY.

### Bring to each session:

1. Large water bottle
2. Cleats
3. Running shoes
4. Shorts and T-shirt
5. Sunscreen
6. Great attitude and work ethic

### Middle School Summer Conditioning (7th and 8th Grade)

Please complete registration information, detach and return with payment to Eagle High School Attn: John Hartz 574 Park Lane Eagle, Idaho 83616.

Player Name: \_\_\_\_\_ Fall Grade: \_\_\_\_\_ Position: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Additional Parent: \_\_\_\_\_ Address: \_\_\_\_\_

Additional Parent Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

Program Registration Fee: \$70.00 Payment Included: \_\_\_\_\_ Cash \_\_\_\_\_ Check

Make all checks payable to Eagle High School

I \_\_\_\_\_ understand and accept full responsibility for any and all medical obligations that may arise.