

# Junior Spartan Summer Strength and Conditioning



The B'East Strength program will be providing an opportunity for all athletes going into grades 8th and 9th to participate in a summer strength and conditioning program. Coach Stephen Linzmeier, the strength and conditioning coach at Brookfield East High School, will be focusing on improving the athletic potential and general health and fitness levels of every athlete that attends these sessions. Sessions will include proper running, cutting, landing, mobility and lifting techniques that maximize athletic performance and reduce the risk of injury.

Coach Linz has been a part of many successful programs in his nine years at the collegiate level. At Butler University, he assisted with the Final Four Men's Basketball team. During his time at the University of Indianapolis, the athletic department finished top 5 in all of Division II athletic programs for consecutive years. Coach Linz also worked directly with the women's golf team that finished in the top 5, a top 10 wrestling program and back to back conference champs in football. Coach Linz's next stop brought him to Lincoln Memorial University where he was hired to build their first strength and conditioning program. During his four years at Lincoln Memorial, the athletic program improved from 210th in the nation to a top 100 program for three consecutive years.

The Brookfield East Strength program and Coach Linz are excited to offer this opportunity and look forward to working with all interested athletes. Session times are listed below. Please complete the waiver located at the bottom of this document and submit the form to Coach Linz prior to or at the first training session. Athletes without a waiver will not be allowed to participate until Coach Linz has received the proper paperwork. **Please make checks payable to: Linzmeier Methods LLC**

Please contact Coach Linz at (920) 901-4822 or at [linzmeis@elmbrookschoools.org](mailto:linzmeis@elmbrookschoools.org) with any additional questions.

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## Waiver Statement

"I understand participation in athletics has inherent risks and assume responsibility for those risks. I waive and release Coach Stephen Linzmeier, Brookfield East High School, and those advising/assisting/coaching in the program. Also, the undersigned and the participant authorize Coach Stephen Linzmeier to use at his discretion any photograph (black/ white, color) and/or video taken of the participant while participating in the program and waive any and all claims that the participant or undersigned on their heirs, executors, administrators, or assigns may have or claim to have resulting from such photograph(s) or reproduction thereof."

Athlete's Name: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Emergency Contact #: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Session 1:** June 15th - July 31st 7am-8:30am **Grade:** 8 9

Sessions will run M/Tu/Th/Fr and not meet July 2,3,6 **COST: \$125**

**Shirt Size:** YTH L S M L XL

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**Session 2:** August 3rd - August 27th 7am-8:30am **Grade:** 8 9

Session will run M/Tu/Th/Fr (no shirt for session 2) **COST: \$75**

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**Both Session 1 and 2:** Grade: 8 9

**COST: \$175**

**Shirt Size:** YTH L S M L XL

**PLEASE MAKE CHECKS PAYABLE TO: Linzmeier Methods LLC**