



Mountain Range High School GIRLS' SUMMER STRENGTH AND CONDITIONING CAMP

Join us for strength and conditioning camp! This is a great opportunity to get in shape, stay in shape, get stronger, and meet new teammates, coaches and friends! Workouts are designed to help all athletes, regardless of sport played. We will meet on the track each morning to warm up and do conditioning. Sessions will end in the weight room where we will do a variety of weight lifting activities focusing on form, muscle endurance and strength.

Who: Any young lady who will be a student at Mountain Range High School during the 2019-2020 school year.

WHEN: June 3 – July 26 (Sessions will last approximately 75 minutes)
Mondays & Wednesdays at 8:45 AM and
Fridays 7:00 AM

There will not be camp from July 1 – July 5.

COST: \$75.00 Per Athlete

REGISTRATION INFORMATION: Fill out the application form below, include the \$75.00 registration fee and mail to: John Marquez, 12500 Huron Street, Westminster, CO 80234. Please make *checks payable to Mountain Range High School.

Late registration will be June 3rd at 8:15 AM. Please pre-register to help us make staff arrangements. If you have any questions, email Coach Marquez at john.marquez@adams12.org. We understand that athletes may not be able to attend every session and we plan our workouts accordingly. Payment will not be prorated or refunded for missed sessions except under special circumstances.

Supervising Staff Camp Staff

Abbie Hansen
Christine Munzer
Cyndi Kelley
Jenna Jacques
Janett Loest
Kristen Larson
Shyann Copas

Consulting Staff

Adrienne Stewart, ATC
John Marquez, CSCS*D



***Checks must have a driver's license number; phone number and date of birth written on the check. Checks that do not conform to Adams 12 policy will be returned.**

Athlete's Name: _____

Do you have a Teambuildr Account, yes or no: _____ +

Grade (2019-20): _____

T-Shirt Size: _____

Sports Playing: _____

Parent/Guardian

Name: _____

Emergency Contact #1: _____ Phone: _____

Emergency Contact #2: _____ Phone: _____

WAIVER OF LIABILITY:

I, as a parent, or guardian, hereby give my permission for my child _____ to participate in the Mountain Range Summer Strength And Conditioning Camp scheduled to be held June 3 - July 26 at Mountain Range High School. I acknowledge that she is physically able to participate in all camp activities that have been described in the information sheet and/or brochure. I hereby release and forever discharge Mountain Range High School, Adams 12 Five Star Schools, its employees, agents, and contractors in both their public and private capacities from any and all liability, claims, suits, damages, or cause(s) of action whatsoever for any property damage or personal injury sustained by my child that may arise in connection with the camp activity. I also give my permission for any emergency medical care that may be required as a result of any injury. I have also read and accept the terms of the refund policy.

Parent/Guardian Signature Date



Camp Information and Expectations

Monday/Wednesday sessions will start promptly at 8:45 and the Friday session will start at 7:00 AM. Initially we will start at the track but that may change due to weather or facility usage. We will make announcements through the Teambuildr app.

Camp Rules

1. Be on time
2. Be safe-follow training plan and use proper lifting technique. Use appropriate weights, if unsure start unweighted and slowly increase intensity,
3. Use spotters when appropriate.
4. Use safety equipment. (collars, belts if necessary)
5. Be properly dressed. (T-shirt, shorts and shoes-preferably Mountain Range attire)
6. Wipe down equipment BEFORE use.
7. Report all injuries to camp staff.
8. Return equipment to its proper place.
9. Report any damaged equipment to camp staff.
10. HAVE FUN.

Music content and volume will be at the discretion of camp staff.

Teambuildr Account

All training will be delivered through Teambuildr.com, a web based training platform. We will have iPads on equipment throughout the weight room so you can record your progress. Some exercises have video links that you can watch prior to your workout. You can put the app on your mobile device through Google Play or the Apple store. Please set-up your account prior to the June 3rd start date. If you have an account you do not need another, just indicate on the permission form.

Instructions:

1. Download the app to your mobile device.
2. Log on to Teambuildr.com on your mobile device. Go to log-in and in blue letters above the log-in is a link "Have Easy Join code? Click here." Click the link
3. Easy-Join Code: **PYRP-AOCR**
Password: **CX9ILXWU**
4. You must log in through your browser the first time in order to activate the app.

Each training session will start with light aerobic work, followed by a warm-up that includes dynamic flexibility; bio-motor development; speed/agility prep and force development and absorption exercises (basic plyometric exercises) and then transition to the weight room. Strength training will start with an injury prevention exercise-followed by an explosive movement, core exercise and then



assistance lifts. We will cool own the final 10 minutes with through light cardio, flexibility or core work.