

# COON RAPIDS SUMMER STRENGTH and CONDITIONING 2019



**NOTE: Weight room will be closed down from July 1 to July 5**

**JUNE 10 *thru* AUGUST 2  
COON RAPIDS HIGH SCHOOL  
STRENGTH ROOM**

**“THE WILL TO PREPARE  
IS AS IMPORTANT  
AS THE WILL TO WIN”**

## COON RAPIDS STRENGTH TRAINING STAFF

- JT Taylor**  
Strength Coordinator, Assistant Coach, PE Teacher
- Nick Rusin**  
Head Football Coach, Strength Coordinator
- Russ Sullivan**  
Head Track Coach, Assistant Football Coach
- Alicia Nelson**  
PE Teacher, Assistant Softball Coach
- Nick Plankers**  
Assitant Football & Baseball Coach
- Nolan Schlinsog**  
Assistant Basketball & Football Coach
- DiAnne Hable**  
Head Gymnastics Coach
- Andrew Smith**  
Assistant Football Coach

## SESSION INFORMATION

All sessions will start the week of June 10th and finish the week of August 1st. The weight room will be closed July 1—July 5!

Students entering 6th, 7th, or 8th grade should register for sessions 5 on Tues and Thurs.

Athletes should register for a session that they think will work during the summer. However, if the time of your session conflicts with your summer schedule then register for ANY session. **NO ATHLETE WILL BE TURNED AWAY** from our strength program!

Alumni can sign up for any session.

If finances are an issue, please call. Again, we will not turn any athlete away for summer strength & conditioning.

## QUESTIONS?

For further information, please call  
Tom Develice at 763.506.7125

## REGISTRATION FORM → 2019 SUMMER STRENGTH AND CONDITIONING PROGRAM

Athlete's name \_\_\_\_\_

Grade entering fall 2019 \_\_\_\_\_

Home phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip code \_\_\_\_\_

Please check next to the appropriate session

Session 1	M, T, W, TH	7:00 – 8:30 a.m.	\$60.00	*Session 5	T-TH	8:30 – 10:00 a.m.	\$50.00
Session 2	M-W	8:30 – 10:00 a.m.	\$50.00	Session 6	T-TH	10:00 – 11:00 a.m.	\$40.00
Session 3	M-W	10:00 – 11:00 a.m.	\$40.00	Session 7	T-TH	11:00 – 12:00 p.m.	\$40.00
Session 4	M-W	11:00 – 12:00 p.m.	\$40.00	Session 8	T-TH	5:30 – 6:30 p.m.	\$40.00

## PROGRAM GOALS

The Coon Rapids High School Summer Strength and Conditioning program offers each Coon Rapids athlete the opportunity to become a better athlete through a sound strength and conditioning program, preparing them for greater success in their respective sports. The three goals of the program are:

- ① to decrease the chance of injury for each athlete
- ② to give each athlete a greater chance to reach his/her potential
- ③ to help increase each athlete's self-confidence and self-esteem.

## PROGRAM ORGANIZATION

Each session will be divided according to the sports athletes play. Emphasis will be placed on improving overall body strength, agility and team building!

**NOTE: Sessions 5 is for Middle School students ONLY**

Mail registration form to:

Activities Department  
c/o Tom Develice  
2340 Northdale Blvd  
Coon Rapids, MN 55433

## COON RAPIDS HIGH SCHOOL STRENGTH PROGRAM

Monday, June 10 to Friday, August 2

### CRHS—WEIGHT ROOM

#### Mon-Tues-Wed-Thur (\$60)

**Session 1: 7:00am-8:30am**  
Varsity Athletic Strength & Conditioning

#### Monday & Wednesday

**Session 2: 8:30am-10:00am (\$50)**

Athletic Strength & Conditioning

**Session 3: 10:00am-11:00am (\$40)**

Athletic STRENGTH ONLY

**Session 4: 11:00am-12:00pm (\$40)**

Athletic STRENGTH ONLY

#### Tuesday & Thursday

**\*\*Session 5: 8:30am-10:00am (\$50)**

**\*\*MIDDLE SCHOOL Strength & Conditioning ONLY\*\***

**Session 6: 10:00am-11:00am (\$40)**

Athletic STRENGTH ONLY

**Session 7: 11:00am-12:00pm (\$40)**

Athletic STRENGTH ONLY

**Session 8: 5:30pm-6:30pm (\$40)**

Athletic STRENGTH ONLY



## COON RAPIDS SUMMER STRENGTH AND CONDITIONING PROGRAM

In consideration of your accepting this entry, I hereby, for myself, my executors, and administrators, waive any and all rights and claims for damages I may have against Anoka-Hennepin Independent School District #11 or its representatives, successors, and assigns for any and all injuries suffered by me or my child while a participant or spectator at the activity listed above.

Signature of Parent/Guardian

Date

**Read and sign the above waiver form. Cut and return with your registration fee to:**

**Activities Dept. • Coon Rapids High School • 2340 Northdale Blvd • Coon Rapids, MN 55433**