

SUMMER 2021

PERSONAL ENHANCEMENT and CONDITIONING CAMP

SYLLABUS:

Monday: Dynamic stretching, running skills, Lower body strength training, form running, DOTS, core work

Tuesday: Dynamic stretching, running skills, Upper body strength training, form running, DOTS and plyometrics, Tae Bo

Wednesday: Dynamic stretching, running skills, Lower body strength training, Jump rope, Jerry Rice leg workout, DOTS and related skills, Buns of steel

Thursday: Dynamic stretching, running skills, Upper body strength training, jumping skills, DOTS and plyometrics, Core work & Upper Body Plyometric Strength Training

Friday: Dynamic stretching, running skills, Lower body strength training, DOTS and form running, Leg Burner Workout, Ab Ripper

Camp Itinerary: Camp sessions will be held from 8:00 a.m. to 10:00 a.m. Monday through Friday. A minimum of 40 students is required to hold this camp. A fee of **\$85.00** per student is required for this summer camp. The camp will run from June 14, 2021, through July 30, 2021. Camp will be held at Capital High School wrestling room, track, upper decks, gymnasium, and possibly an introduction to the CHS weight-room. The camp will emphasize individual improvement, physical skill development, injury prevention, motivation and conditioning for next fall.

CAMP WILL NOT BE IN SESSION FOR THE FOLLOWING DATES: JUNE 21ST, 22ND, JULY 5TH.

This camp is for Middle School and High School aged students.

The parent/guardian of the participant of this camp acknowledges that there are certain dangers inherent in any athletic program and bodily injury could occur while participating in the camp. The parent/guardian agrees that the undersigned student will not hold instructors and staff for any liability for any accident, injury, or sickness resulting from participation in the camp. The camp will **NOT** provide insurance of any kind for the participants in this camp. **Due to Covid19 Any physical limitations or chronic conditions impacting an athlete, that athlete and their parents need to reconsider attending this camp.**

Procedure for Athletes Entrance to Participate in Summer PERSONAL ENHANCEMENT and CONDITIONING CAMP

Athletes will be required to:

- Sign-in every day. Records of who is in attendance are required.
- Pre-Screening Questions required at check in for participants:
 - Do you have a fever, cough, respiratory illness, or shortness of breath?
 - Has a household member has tested positive for COVID-19 in the two weeks?

A YES TO EITHER: STUDENT WILL NOT BE ALLOWED TO PARTICIPATE

- All-student athletes will be required to provide their own individual water bottle. No sharing of water bottles or use of drinking fountains except to refill a student's individual water bottle.
- ONLY ATHLETES WHO HAVE PAID THE FEE WILL BE ALLOWED TO ATTEND THE CAMP.

FOR FURTHER INFORMATION, CALL LEE CARTER: 431-7536.

Parent/Guardian Signature: _____

Address: _____

Telephone Number: _____

Student: _____ **GRADE:** _____

Date: _____

Any Inappropriate Behavior Will Not Be Tolerated. The student may be removed from the camp at the discretion of the Director. Make Checks payable to Lee Carter, 100 Meadow Drive, Helena, Montana 59601.