**Strength & Conditioning Camp**

**Camp Dates:**
Mon, Tues, Wed, Thur  
June 13th – June 23rd (2 weeks)

**Camp Times:**
Session I 10:30-11:50 a.m.  
Session II 12:00-1:20 p.m.

**Camp Fee:**
$75 prior to May 27th  
$85 after May 27th

Take advantage of the only opportunity for incoming freshmen to receive an orientation to the Noack Strength & Fitness Center. This camp will provide students instruction on safety and proper technique in the weight room along with other training methods to improve performance in their sport. It is a great opportunity for students to meet classmates and begin preparing for fall sports or improve current fitness levels. This is the most important camp for freshmen to attend. Every student at MUHS will be expected to use the fitness center at some point, either through athletics or the fitness program.

*This camp is the only opportunity for incoming freshmen to use the fitness center prior to the start of the school year.* It is the only structured orientation available to students that covers safety and technique instruction. Missing days due to family vacations is not a problem. Participants are encouraged to attend as many days as possible. Please sign up early to ensure a spot. Past camps have had over 100 participants. Athletes and non athletes are strongly encouraged to attend.

**Camp activities include:**
- Strength Training
- Speed and Agility
- Plyometrics
- Flexibility and Core

**Education on:**
- Fitness Center Rules and safety
- Training Principles
- Hydration and Nutrition Needs

*A workout program will be available following the camp. Participants are encouraged to continue working out upon completion of the camp.*

**Speed & Agility Camp**

**Camp Dates:**
Tue, Thur  
June 27th – July 14th

**Camp Times:**
12:30 to 1:30 pm

**Camp Fee:**
$65 prior to June 13th  
$75 after June 13th

**Absolute Deadline: June 24th**

This camp will address two of the most important characteristics in determining athletic success – SPEED AND AGILITY. Both can be improved by any athlete with proper training and instruction. Regardless of your sport, this camp will benefit your performance.

**Camp Activities:**
- Speed and Acceleration
- Deceleration Mechanics
- Change of Direction
- Plyometrics and Explosiveness drills
- Use of various speed training tools
- Pre & Post evaluation

**Powerlifting Camp**

**Camp Dates:**
Mon, Tue, Wed, Thur  
June 27th – July 14th, *not July 4th

**Camp Times:**
11:30 to 12:30 pm

**Camp Fee:**
$75 prior to June 13th  
$85 after June 13th

**Absolute Deadline: June 24th**

This camp is a continuation of the strength and conditioning camp and focuses on maximizing strength and improving performance for athletics. Students will continue working on technique previously learned and begin more advanced training while following a structured program. Space is limited. *Participation in the strength and conditioning camp is required to register for the powerlifting camp.*

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**Sign Up Form**

Please read and sign the registration/permission slip on the back of this sign up form.
Camp Waiver & Release of Liability

By signing this, as the parent or guardian of the student listed above, I give permission for my son to participate in the camps offered by Marquette University High School and understand that some of these activities are designed to increase workload on the musculoskeletal system and cardiovascular system and thereby improve their function. There exists the possibility of certain changes or risks occurring during any physical activity. They include muscle soreness, fatigue, abnormal blood pressure, fainting, irregular, fast or slow heart rhythm, and in rare instances, heart attack, stroke, or death. While these changes in addition to injury are rare, they are possible and cannot be predicted with complete accuracy. As the parent of the named student, it is my responsibility to provide any medical information which may affect my son’s full participation in the camp and to report any adverse reactions or injury resulting from participation. A physical completed within the last year does not provide any reason why my son/daughter should not participate in this camp or any of its activities. If some emergency should occur I give the camp staff permission to seek medical attention and provide care according to their best judgment. I also understand that because safety is of the most importance during such activities, participants who do not behave appropriately will be asked to sit out for the session, with continued misbehavior being just cause for termination of camp participation.

I have read the above form and fully understand it, agreeing to the camp rules. Any questions had have been fully answered to my satisfaction. I hereby release the camp staff and Marquette University High School from any liability incurred through its camps.

_______________________________________
Parent Signature
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Date

Camp Staff

Michael Duehring MS, CSCS, USAW, USATF – Named 2013 NSCA High School Strength Coach of the Year. B.S. in Exercise and Fitness Management; M.S. in Exercise Science – Human Performance; Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association; USA Weightlifting Club Coach; USA Track & Field Level 1 Coach; Director of Performance & Fitness at Marquette University High School where he is in charge of performance training for all teams and athletes year round; Taught in Marquette University’s Exercise Science Department; Director of No Limit Performance & Fitness working with clientele including middle school, high school, and college athletes as well as non-athletes from 6th grade to senior citizens. Directed and coached over 100 high school camps with thousands of athletes participating.

Jacob Wyss CSCS - Bachelor of Science Degree in Exercise Science; Currently pursuing Master’s Degree in Exercise Physiology; Certified Strength & Conditioning Specialist through the National Strength & Conditioning Association; Performance & Fitness Coordinator at Marquette University High School. Coach Wyss played 4 years of football at Carroll University while serving as the strength and conditioning intern for football, men’s and women’s basketball. He has experience as a personal trainer and speed coach at several local high schools.

Other college and high school coaches will assist.

Summer 2016

Held at:
Marquette University High School
3401 W. Wisconsin Ave.
Milwaukee, WI 53208

Coached By:
Michael Duehring, MS, CSCS, USAW, USATF
Jacob Wyss BS, CSCS
Other coaches TBD

Contact:
(414) 933-7220 ext. 3063