The fall sports season will be here before you know it! This is an opportunity to train with all your teammates in preparation for the season. Start the season off on the right foot by going into training camp already in peak condition. The goal of this camp will be to improve your speed, agility, explosiveness, and conditioning. In order to have a long and successful season you need to train over the summer. It is up to you what steps you will take in order to reach the state championship. What steps do you need to take this summer?

#1 Complete your Spring Testing.
#2 Pick up and follow an MUHS strength training program, and participate in the group training sessions from 9:00 to 11:00 each day.
#3 Participate in Speed, Agility, and Conditioning sessions offered throughout the summer.
#4 If possible participate in appropriate sports camps.
#5 Get together with teammates and work out together as a team.

**Camp Dates/Times:**
Monday – Wednesday – Friday
Mon, July 11th – Fri, July 29th
8:00 a.m. to 9:00 a.m.

**Camp Fee:**
Session I - $25  Deadline June 27th
($35 late registration after June 27th)
Return camp fee and registration form (on back) to Coach Duehring

The time spent during camp workouts will be geared towards the following activities in preparation for the upcoming season.

**Warm Up & Flexibility** – dynamic warm up and flexibility activities for athletic performance

**Speed** – Drills for sport specific speed, use of various speed training tools

**Agility** – Drills for footwork, change of direction ability

**Explosiveness** – Various plyometric workouts

**Conditioning** – group conditioning activities

**Functional Strength** – Several balance & core exercises will be used on the field

Weight room will be open following camp for Strength Training!

See Coach Duehring for any Questions

Registration form on Back!
Name: _______________________________ Grade:_______

Sports:   ______________________________    T-Shirt Size:  ______

email:  _________________

By signing this, as the parent or guardian of the student listed above, I give permission for my son to participate in the MUHS Performance Sessions and understand that some of these activities are designed to increase the workload on the musculoskeletal 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 rate 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 above 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 12 months) indicates no reason why my son shouldn’t participate in the camp activities. I hereby authorize the directors of the MUHS camp to seek medical attention for my son, according to their best judgment, if necessary during the camp.

I have read the above form and fully understand it, and agree to it.

Parent Signature: ________________________ Date: _______