**HIGH SCHOOL SUMMER STRENGTH AND CONDITIONING**

**Dates/Times:** June 6th – July 21st (Mondays, Tuesdays, and Thursdays for 6 weeks) from 8 am – 9 am. **No Lifting sessions July 4th/5th/7th.**

**Location:** Bear Creek HS Weight Room (9800 W. Dartmouth Pl.)

**Cost:** $150

Check/Cash/Venmo all accepted

**Registration:** Please e-mail Coach Steinfeldt [matthew.steinfeldt@jeffco.k12.co.us](mailto:matthew.steinfeldt@jeffco.k12.co.us)

**Camp Description:** The H.S. Summer Strength and Conditioning camp is offered for all (male & female) student-athletes entering the 9th through 12th grade during the ‘22-‘23 academic year. The program is constructed to serve both as a beginning instruction to and the continuance of weight lifting and speed development. Our camp coaches have developed a structure for athletic development that incorporates bilateral and isometric movements, eccentric lifting, and plyometrics. The routines are intended to enhance overall athletic ability while improving strength, speed, and conditioning.