**MIDDLE SCHOOL SUMMER STRENGTH AND CONDITIONING**

**Dates/Times:** June 7th – July 21st (Tuesdaysand Thursdays for 6 weeks) from 9 am – 10 am. **No Lifting sessions July 5th or 7th.**

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

**Cost:** $100

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 M.S. Summer Strength and Conditioning camp is offered for all (male & female) student-athletes entering the 6th through 8th 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.