



SUMMER CAMP 2023

JUNE 5 – 30 • MP WEIGHT ROOM

STRENGTH & CONDITIONING

2022 – 2023 MP Athletes

- Monday – Thursday only
- Check with individual team coach for training times specific to your sport. Find contact info at:
 - > www.tempeunion.org/mountainpointe
 - > Athletics
 - > Team Websites

REGISTRATION

- \$75 camp fee
- Register at www.tempeunion.org
 - > Our Schools > Mountain Pointe
 - > Administration > Bookstore
 - > Online Payment Portal →
[or click here](#)
- NOTE: Parents of non-TUHSD students will need to create a Guest Account on the payment portal



ATHLETE EXPECTATIONS

- Consistent attendance
- Punctuality
- Provide best effort
- Receive coaching & respond accordingly
- Appropriate lifting/running attire

INTRO TO WEIGHTS

2022 – 2023

6th, 7th & 8th Graders

- Monday – Thursday only
- 4:00 - 5:00 pm
- Register online prior to first day
(create a guest account on the payment portal)

**MIDDLE
SCHOOLERS!**

CAMP DIRECTOR

Jeff Decker

M.Ed., C.S.C.S., FRCms, USAW

N.S.C.A. Accredited Strength & Conditioning Specialist

QUESTIONS?

Contact Jeff Decker:
(480) 759-8449
ext. 50570
jdecker@tempeunion.org



www.tempeunion.org/mountainpointe



CAMP OBJECTIVE

The goal of the MP Strength and Conditioning Camp is to provide high quality instruction to camp attendees. Combining the diverse experience of the staff with competitive peer group settings, players are afforded direct supervision, individual attention and top quality coaching at a very affordable price. The camp philosophy is to train each and every athlete to realize their physical and mental potential.