

TOGETHER TIGERS THRIVE (T3)

STRENGTH & SPEED CAMP 2020

GETTING STRONGER AND FASTER EVERYDAY!

PROGRAM GOAL

This summer long camp is available for boys and girls entering grades 9-12. We will concentrate on strength & conditioning with an emphasis on improving sports specific skills. The program will be hosted at the campus of Huron High School.

DAILY SESSIONS

More sessions will become available, if required.

SESSION 1 – 6:00am – 7:00am

SESSION 2 – 7:00am – 8:00am

SESSION 3 – 8:00am – 9:00am

SESSION 4 – 9:00am – 10:00am

SESSION 5 – 10:00am – 11:00am

Session selection requests are not guaranteed. CDC & local guidelines limit gathering numbers.

DATES

All of the sessions will be Mon - Thurs

June 15 – 18

June 22 – 25

June 29 – 30

Summer Moratorium July 1 – 7

July 8 – 9

July 13 – 16

July 20 – 23

July 27 – 30

COST TO ATTEND

\$65.00 per participant

This includes training program and t-shirt

Please make checks payable to:

Huron Tiger Athletics

CONTACT INFO.

Scott Spanton: 210.363.6720

Michael Schmitz: 605.201.1897

Jon Schouten: 605.350.7238

Crystal Lien: 605.431.5700

Return to Coach Spanton, Coach Schmitz, Coach Schouten or the High School Office.

NAME: _____ GRADE NEXT FALL: _____

ADDRESS: _____ PHONE: _____

CITY: _____ STATE: _____ ZIP: _____

T-SHIRT SIZE: S M L XL XXL

DISCLAIMER

I hereby consent to having my child participate in the strength and speed camp. I understand that there are risks involved in such participation and that it is the responsibility of each participant to engage in only those activities for which he/she has the necessary preparation and skills. I certify that my child is medically fit to participate and hereby authorize the camp staff to act for me in their best judgment in an emergency requiring medical attention for my child.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____