

ATHLETIC DEVELOPMENT FOR GIRLS

SUMMER PROGRAM 2017

WHAT: SUMMER ATHLETIC DEVELOPMENT CAMP FOR GIRLS. KEY AREAS OF DEVELOPMENT INCLUDE STRENGTH, SPEED, AGILITY, CARDIO-RESPIRATORY IMPROVEMENT, SKILL MOVEMENT AND EFFICIENCY. PROVEN WORKOUTS IN WEIGHT TRAINING THAT EMPHASIZE SPECIFIC SPORTS TECHNIQUES AND STRENGTH GAINS FOR FEMALES. AGE APPROPRIATE AND DEVELOPMENTAL STRENGTH TRAINING WILL BE TAUGHT DAILY. WORKOUTS WILL INCLUDE SPORTS SPECIFIC ACTIVITIES FOR VOLLEYBALL, BASKETBALL, SOCCER, TRACK AND FIELD, SOFTBALL, TENNIS, GYMNASTICS AND GOLF. ATHLETES WILL INCORPORATE THEIR OWN INDIVIDUAL FITNESS PLAN THROUGHOUT THIS PROGRAM.

WHO: GIRLS ENTERING 5TH GRADE-12TH GRADE.

WHEN: MONDAY-THURSDAY, 9:00AM-10:30AM, JUNE 26TH-AUG 3RD.
(WEEK OF JULY 3-6 WILL NOT HAVE CAMP DUE TO HOLIDAY.)

WHERE: KAMIAKIN HIGH SCHOOL. THE FACILITY IS THE FINEST IN THE KENNEWICK SCHOOL DISTRICT. WEIGHT ROOM, FREE WEIGHTS, CARDIO LAB, GYM AREAS AND TRACK FACILITY WILL BE UTILIZED.

COST: \$80.00 FOR SIX WEEKS OF TRAINING. CHECKS PAYABLE TO:
OR \$20.00 PER WEEK.

DEADLINE FOR REGISTRATION
JUNE 17TH, 2017

KAMIAKIN BOOSTERS
600 N ARTHUR ST
KENNEWICK, WA 99336

INSTRUCTORS: ACCOMPLISHED, CERTIFIED COACHES AT KAMIAKIN, FORMER AND CURRENT STUDENT/ATHLETES IN ALL SPORTS AREAS.

THIS IS THE PLACE TO BE. IMPROVE YOUR SKILL LEVEL; ENHANCE YOUR STRENGTH AND ABILITIES IN ALL AREAS OF SPORT AND FITNESS. GET AHEAD, GET AN EDGE, HAVE FUN WHILE WORKING OUT!

BECOME A CHAMPION

CONTACT COACH CHERYL SCHAUBLE
CHERYL.SCHAUBLE@KSD.ORG
531-3026

NAME _____ AGE _____ SPORTS _____

ADDRESS _____ PHONE _____

EMERGENCY CONTACT _____ PHONE _____

PHYSICAL ON FILE _____