

CAMP APPLICATION

Register Online HERE:

http://www.verona.k12.wi.us/for_families/summer_activities
You will receive an immediate confirmation when registering online

Or...Send Check and this Application to:

VASD
700 N. Main Street
Verona, WI 53593

Attn: Strength & Speed Camp

High School Session

Entering 9th – 12th Grades

\$175.00

5 Days per Week for 9 Weeks!!!

Choose Session - Make 1st & 2nd Choice:

Session #1: 7:00 – 8:00 AM CLOSED

Session #2: 8:00 – 9:00 AM _____

Session #3: 9:00 – 10:00 AM _____

You will be notified if you DO NOT get 1st choice.

Middle School Session

Entering 7th & 8th Grades

\$125.00

2 Days per Week for 9 Weeks!!

Tues & Thurs: 10:00 – 11:00 _____

REGISTER EARLY – GET REQUESTED TIME!

Athlete Name: _____

Grade Entering: _____ Adult Shirt Size: S/M/L/XL/XXL

Parent Name: _____

Address: _____

Daytime Phone #: _____

Email: _____

I authorize the Wildcat Strength & Speed Camp personnel to act according to their best judgment in case of an emergency. Parent: _____ Date: _____

VIRTUAL CAMP

We will be Live Virtually through Google Meet for at least the first month. So, we will be leading workouts for you at home each morning. These workouts will be LIVE and interactive all Summer long!!

All campers will receive TWO Resistance Bands to use for all of our workouts. These bands are a GREAT way to increase strength and power...No weight equipment is needed!!

New this Summer...

VIRTUAL Live 9 week "Boot

Camp" to build Functional

Strength, Speed, Agility &

Endurance to get you

GAME READY!

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***WE
ARE..***



VIRTUAL &

INTERACTIVE

SUMMER STRENGTH,

SPEED,

& AGILITY CAMP

June 1 – July 31, 2020

For all VASD Girls & Boys

Entering 7th - 12th Grade

Register Online HERE:

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CAMP DIRECTORS

Coach Richardson

Dave.Richardson@verona.k12.wi.us PH# 845-4496

B.S. Physical Education / Coaching / Health

V.A.H.S. Strength & Conditioning Director

37 Years of Strength/Speed Training Experience

Coach Crandell

Bradley.Crandell@verona.k12.wi.us PH# 845-4019

B.S. Physical Education / Health / M. ED. Ed. Leadership

V.A.H.S. Strength & Conditioning Co-Director

17 Years of Strength/Speed Training Experience

VASD Coaches

Coach Riley – Football / Baseball

Coach Laxton – Football / MS Basketball

Coach B. Richardson – Volleyball / Basketball / Track

Coach Faulkner – Girls' Soccer

Coach Michelle Wing – Verona & St. Cloud Soccer

Coach Doyle – Boys' Soccer

Coach Stiner – Track / Football

Other Coaches will be added throughout 2020

All of our coaches have extensive backgrounds in multiple sports that support a wide range of knowledge and expertise. Each session is limited to 90 athletes to ensure an optimal coach to athlete ratio!

CAMP SESSIONS

High School Session (60 minutes)

VIRTUAL LIVE WORKOUTS AT HOME

June 1 – July 31, 2020

Girls & Boys

ENTERING 9th - 12th Grades

Sessions: Monday **THROUGH** Friday

\$175.00

5 Days per week for 9 weeks.

Session #1: 7:00 – 8:00 AM

Session #2: 8:00 – 9:00 AM

Session #3: 9:00 – 10:00 AM

Middle School Session (60 Minutes)

June 1 – July 30, 2020

Girls & Boys

ENTERING 7th & 8th Grades

\$125.00

2 Days per week for 9 weeks

Tues & Thurs Session: 10:00 – 11:00

CAMP GOAL:

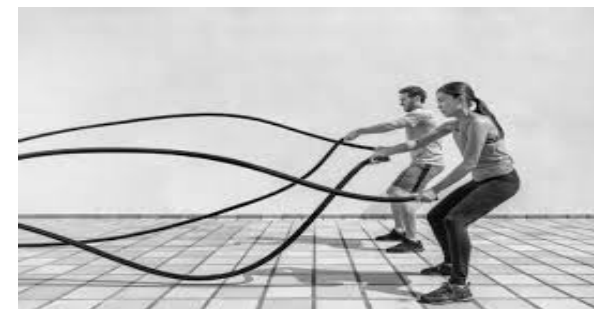
Be a part of a TEAM that
WILL BE...

Faster – Quicker – Stronger!



CAMP HIGHLIGHTS

This Summer we will be training **VIRTUALLY** using a variety of training techniques and implements. This camp is designed to help all athletes, both girls and boys, maximize their potential using a variety of exercises to build the WHOLE athlete!



AREAS of EMPHASIS

The Middle School Program emphasizes Skill of Movement, Form, & Safety.

The High School Program emphasizes Functional Training including improving the athlete's – Strength, Speed, Agility, Power, Flexibility, Explosiveness, Core Stabilization, Endurance & Balance.

Train Together...as Wildcats

Reach your potential as an athlete by attending the most comprehensive and proven summer program in the state...

Train as a TEAM – WIN as a TEAM

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