

# COUGAR SUMMER STRENGTH CAMP

## 2017

TUESDAY, JUNE 6

THRU

FRIDAY, AUGUST 4

SPECIFIC BEGIN/END DATES DETERMINED BY FOOTBALL COACHES

**FRESHMEN: TUESDAY, THURSDAY 6:00 AM - 6:40 AM**







**SOPHOMORES: MON, WED, FRI 6:45 AM - 7:25 AM**

**VARSITY: MON, WED, FRI 7:30 AM - 8:10 AM**

WHERE: KENNEDY HIGH SCHOOL WEIGHT ROOM

PURPOSE: TO BE INSTRUCTED ON AND PERFORM LIFTS THAT WILL  
REDUCE INJURY AND ENHANCE ATHLETIC PERFORMANCE

FORMAT: ALL PARTICIPANTS WILL TAKE PART IN A STRUCTURED STRENGTH  
TRAINING PROGRAM THAT CONSISTS OF MOVEMENTS THAT DEVELOP:

-  FLEXIBILITY
-  CORE
-  UPPER/LOWER BODY MOBILITY
-  FOOT QUICKNESS
-  ACL PREHAB
-  GROUND BASED, MULTI-JOINT FUNCTIONAL STRENGTH

DRESS: CLEAN WORKOUT SHOES, SHORTS OR SWEAT PANTS, T-SHIRT  
OR TANK TOP

COST: \$50.00. PLEASE MAKE CHECKS PAYABLE TO **COUGAR STRENGTH**

PLEASE SEND PAYMENT ALONG WITH DETACHED FORM BELOW TO:

TIM LEWIS  
KENNEDY HIGH SCHOOL  
4545 WENIG ROAD NE  
CEDAR RAPIDS, IOWA 52402

YOU COULD ALSO TURN FORM  
AND PAYMENT INTO COACH WHITE  
OR COACH LEWIS

KENNEDY HIGH SCHOOL COUGAR FOOTBALL SUMMER STRENGTH CAMP

NAME \_\_\_\_\_ GRADE IN THE FALL \_\_\_\_\_

*This is a private camp not sponsored by the Cedar Rapids Community School District*