

COUGAR SUMMER STRENGTH CAMP

2019

WEDNESDAY, JUNE 12

THRU

FRIDAY, AUGUST 9

SPECIFIC BEGIN/END DATES DETERMINED BY FOOTBALL COACHES

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







SOPHOMORES: MON, WED, FRI 6:15 AM - 7:00 AM

VARSITY: MON, WED, FRI 7:45 AM - 8:30 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