

Palmer Ridge Bears 2019 Summer Speed Camp SWAC (Speed, Weights, and Conditioning)

The summer speed, weights, and conditioning program at Palmer Ridge High School is designed to maximize the athletic ability of every participating athlete - focusing on running technique, speed development, flexibility, strength and conditioning. It is based on 2 core lifts per day that stress multiple-joint explosive power and 4 or more auxiliary lifts ("Stack Sets") that are sport-specific for each athlete. It is open to anyone currently in the Palmer Ridge High School enrollment area. Due to District 38 policy and safety reasons we are inviting only those students who will be entering the 9th through 12th grades next year. This will allow for the strength and speed coaches to give the most individualized instructions to all lifters.

REGISTRATION COST IS \$175 *Scholarships available – email Coach Pulford for more information

The cost is \$175 per participant (less than \$3 per workout). This cost covers the use of the weight facility, field use, gym use, t-shirt, and insurance. The weight room rules and regulations are as follows:

Anyone tardy will not be able to make-up what they miss

Proper school-colored attire will be worn at all times in the weight room

No hats, earrings, bracelets, watches or accessories will be allowed in the weight room

No horseplay will be tolerated

Everyone, each session, will participate in the entire session

2019 Summer Schedule

* This camp will last for 8 weeks, beginning Monday, June 3rd, running Monday to Thursday.

*4th of July Week: Speed Camp will be open 7/1-7/2-7/3 // CLOSED 7/4

* Camp will start on June 3rd and run through August 1st

* Participants will do a running work out and then lift using **Bigger, Faster, Stronger (BFS) strength program and NSCA programming Monday thru Thursday at their designated time slot.**

*Coaches reserve the right to remove any athlete from any session that does not display the Palmer Ridge Standards of excellence.

*Athletes that are removed for not meeting the standard will not receive a refund.

Daily Schedule

Monday through Thursday
6/3-8/1 *open 7/1, 7/2, and 7/3
**closed 7/4

*Sessions 1 & 2
(7:00am-9:00am)
FOOTBALL PLAYERS/MALE
WRESTLERS ONLY
>FB will have skill work and
development within the 2-hour segment
(by position)

*Sessions 3 & 4
(9:00-11:00 am)
All Other Athletes

*Based on enrollment, a 5th session may
be added (11:00 am - 12:00 noon)

Contact Information:

Tom Pulford, Head Football Coach
(719) 867-8149
tpulford@lewispalmer.org

Jason Romero, Head Wrestling Coach
(719) 588-8375
jromero@lewispalmer.org

Any student attending Palmer Ridge High School in the 2019-2020 is eligible for participation in the eight week program. Varsity athletes are expected to attend every day speed camp is open. You must fill out the attached form and return it with your check to the office at Palmer Ridge High School. You are to attend the session that is designated for your sport. Anyone showing up late for a session will not be allowed to make up what they missed during that session. All session participants will wear exercise clothing that contains the school colors (school colors are navy, gold, white, grey and any clothing with a Palmer Ridge High School logo or wording will also be accepted). Anyone not wearing school colors or logos will be asked to leave that session. Our weight room is a source of pride for our school community and the participants will set the atmosphere for our group success. It begins with commitment; through hard work we build pride!

Palmer Ridge Bears Summer Speed Camp Sign-up Form

Name: _____ Fall Grade: _____
T-Shirt Size: (Men's) S M L XL 2XL 3XL
Address _____
Sports Played _____
Telephone _____
Dr. Name:/Phone _____
Email Address (for confirmation of registration) _____
(Summer Speed Camp Fee includes T- Shirt and Insurance.)

- REGISTRATION
Strength Training and Speed Development & Conditioning Combination \$175
- LATE REGISTRATION
Strength Training and Speed Development & Conditioning Combination \$200 (after June 10th)
- Strength Training only \$100**
- Speed Development & Conditioning (Speed Development and Plyometrics) only \$100**

(Make Check Payable to PRHS)

Parent Name (Please Print): _____

Parent Signature _____

To ensure a T- Shirt AND SAVE MONEY please turn in registration form and payment to PRHS by Friday, May 11th.