



Rhodes Wildcats



Summer Strength and Conditioning Camp

WHO CAN PARTICIPATE?

Incoming 7th and 8th graders. **All participating athletes must have an athletic physical on file with coaches.** We highly encourage all athletes, regardless of their sport, to participate in this camp! The Rhodes Coaching Staff is dedicated to establishing excellence and building a strong future in all of our athletic programs.

WHAT ARE THE AREAS OF INSTRUCTION?

SPEED, AGILITY, POWER, EXPLOSION, QUICKNESS, & CONDITIONING!

Improving speed, agility, explosion, strength, and quickness will increase overall performance of the athlete.

WHEN WILL THE CAMP BE HELD?

Dates: **Monday - Thursday**

June 5th – June 30th

July 10th – July 13th (Final Week)

Times: 9:00AM to 11:00 AM (**Strength and Conditioning**)

11:00AM-12:00PM (**Sport Specific Training: football, volleyball, basketball, soccer**)

Breakfast and Lunch will be available daily to all athletes before and after workouts.

Please arrange to have athletes picked up no later than 12:30PM

WHAT TO BRING?

- Large Water Bottle or Water Container
- Appropriate T-Shirt (Maroon, White, Black, or Grey) **SCHOOL COLORS/SPIRIT SHIRT**
- Athletic Shorts (Maroon, White, Black, or Grey) **NO JEANS or PAJAMAS**
- Running/Training Shoes **NO CROCS or SLIPPERS**
- Drawstring Bag or Backpack for personal belongings: We will not be responsible for lost or stolen items.
- **NO JEWELRY OR CELL PHONES DURING WORKOUTS NO EXCEPTIONS**