



MIDDLE SCHOOL



Middle School Fundamental Strength and Speed Camp:

Middle school students (grades 6-8) are invited to our 4th annual Fundamental Strength and Speed Camp at Homestead High School that will focus on basic fundamentals of strength, speed and agility training. Many athletes have natural imbalances and may not understand how to move correctly and efficiently. By participating in our Functional Strength and Speed Camp it will provide your son/daughter with an understanding of specific movement exercises that enhance strength, speed and athleticism.

Instruction:

Active warm-up, cool down, functional movement, body weight exercises, technique of bench, squat, clean, and deadlift, injury prevention, speed, agility, and basic plyometrics.

Purpose:

The camp will provide the most basic functional movements for students to move properly while developing strength. The camp will integrate multiple wellness components to create an athlete that is strong, agile, and mobile.

Dates:

April 22, 26, 29 May 3, 6, 13, 17, 20 (note that Sunday, May 10, we will not meet, due to Mother’s Day)

Time and Location: Homestead High School NGAP Gym (**Door 26 in the Freshmen Academy. Woodside students must have a parent call Transportation, to allow them to ride the bus to Homestead and get off there on Wednesdays. Summit students may walk over to the Freshmen Academy.**)

Wednesday: 2:45-4:15 pm & Sunday: 6:00-7:30 pm

Campers should wear athletic attire and bring a water bottle.

Mail To:

Homestead High School
Att: Nick Ankenbruck
4310 Homestead Road
Fort Wayne, IN 46814

Cost:

\$50.00—Make checks payable to Nick Ankenbruck and mail to the above address.

Grade: _____ Name: _____

Phone #: _____ Email Address: _____

Shirt Size: (Circle One)

Adult: Small Medium Large XL XXL

Waiver: The above named student has my permission to participate in the Middle School Fundamental Strength and Speed Camp. I also understand that there is an assumed risk present when participating in a strength and speed program. I understand that Homestead High School, Nick Ankenbruck, Tim Messal or other coaching staff members are not liable for any injuries, damages, or related expenses sustained during the program.

Parent/Guardian Signature:

Date:

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