



# Mid-Prairie Summer Strength & Speed Camp

The Mid-Prairie coaching staff and the Performance Therapies staff are teaming up to provide a strength and speed camp. You will have an opportunity to represent Golden Hawk Nation while you become a stronger and more explosive athlete! Committing to the entire program is the only way to see results. It WORKS if you WORK.

### Who can participate?

Any Mid-Prairie student-athlete entering 7th through 12th grade

### What are the dates and times?

Camp dates are June 10th - July 19th (Six weeks of Speed Agility) July 22- Aug 2 will be Lifting and Conditioning

No Camp July 5th

Monday, Wednesday, Friday

Session #1 - 6:00 - 7:00 AM (Lifting) High School Boys or Girls  
7:00 - 8:00 AM (Speed & Agility)

Session #2 - 7:00 - 8:00 AM (Lifting) High School Boys or Girls  
8:00 - 9:00 AM (Speed & Agility)

Session #3 - 7:00 - 8:00 AM (Speed & Agility) Middle School Athletes or High School Cross Country  
8:00 - 9:00 AM (Lifting) (entering 7th or 8th)

All sessions are in the morning! Tardiness is not acceptable! We will warm-up together!

### Fee?

No Fee this year

### Baseball and Softball Players?

All student-athletes are encouraged to attend regardless of being in-season for baseball or softball. Baseball and softball coaches stand behind this program! The program will be altered for in-season athletes

### Summer Jobs?

Many of you have summer jobs. Communicate with staff if scheduling will be a problem. Please try and work it out with your boss to get to work after 8:00 AM. We want to avoid using this as an excuse.

### Make-Up Lifting:

If you miss a workout, there will be a make-up session throughout the summer in the evening(posted later). Evenings are for make-ups only!

### Summer Camps?

We understand there are many sports camps in the summer. You are encouraged to go to camps but please communicate with the coaches. We expect you to attend lifting and speed camp if possible!

### Iron Hawk Attendance:

Those who make 90%(15 out of 17 days) will be receive recognition at school assembly and local newspaper, as well as receive a t-shirt! Attendance only counts if you are at both lifting and speed parts of camp.

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### Coaches on Staff:

Jeff Swartzendruber , DPT, CSCS

Mid-Prairie Coaches

Contact with Questions:

Pete Cavanagh- [pcavanagh@mphawks.org](mailto:pcavanagh@mphawks.org)

Daren Lambert - [dlambert@mphawks.org](mailto:dlambert@mphawks.org)

### Registration:

Name: \_\_\_\_\_ Grade(19-20) \_\_\_\_\_

Pick a session:

Session #1 \_\_\_\_\_

Session #2 \_\_\_\_\_

Session #3(middle school & cross country only) \_\_\_\_\_