

Strength and Speed Camp

2017

Workout Dates and Times

Wednesday and Fridays

May

31

June

2, 7, 9, 14, 16, 21, 23, 28, 30

July

12, 19, 21, 26, 28

15 Workouts

9am-10am in Field House

ALL WORKOUTS
WILL BE AT THE
HIGH SCHOOL
FIELD HOUSE.
ENTER DOOR
NUMBER 7.

Plainfield High School

Summer Elementary Performance Camp

Coach Vanderbush is in his 25th year as the head strength and conditioning coach at Plainfield High School. He has run youth strength and conditioning camps for elementary students for over 20 years. He is very involved in youth sports in Plainfield as a coach and a parent.

He is a Certified Strength and Conditioning Specialist with the National and Conditioning

Association. He has been a presenter at the local, state, and national level.

This camp will focus on age appropriate strength training exercises and speed development techniques.

There will be major emphasis on functional strength exercises, acceleration and dynamic agility. We will do things such as lunges, push-ups, medicine ball work, speed

harnesses, etc...If you have any questions about the camp don't hesitate to contact Mr. Vanderbush at the high school (839-7711).

Open to Grades 1st-5th (Any Kindergarteners must be approved by Coach V)

COST of Camp-50 dollars (30 for additional children).

Make Checks out to Randy Vanderbush

Mail to him at:

1 Red Pride Drive

Plainfield, IN 46168

Sign Up Form

Name _____

Grade _____

Parent/Guardian _____

Contact Number in Case of Emergency _____

I/We do hereby present to the Elementary Speed and Strength Camp this Waiver of Liability and do hereby waive any and all rights and claims against the Elementary Speed and Strength Camp and its instructional staff. I/We do further agree to indemnify and save harmless the Elementary Speed and Strength staff from any liability whatsoever arising from injuries suffered as a participant in this clinic. It is agreed that this Waiver of liability is submitted as an inducement to enroll.

Student Name _____

This agreement is signed as a free and voluntary act with full knowledge of the contents thereof.

Parent Signature _____

