

8<sup>th</sup> & 9<sup>th</sup> Grade Sports Preparation Camp

Summer 2019

Athletic development is a LONG TERM process, which must begin with a solid foundation. This camp lays the foundation for success in athletics throughout high school sports.

We aim to develop the general fitness of the athlete and introduce/instruct the speed/power/flexibility/resistance training exercises used in the high school program and provide a launch point for incoming freshman to be ahead of their peers on the field and in the off season program, through workouts designed to fit their age and developmental level.

Former camp members include college athletes in; Football, Basketball, Track, Soccer, Baseball, Softball, and Volleyball.

Schedule:

June 10-July 12 (OFF July 4-5<sup>th</sup>) (18 Sessions)

7:00-8:15am(M,T,R,F)

Cost: \$100 *Meet at BEHS track. Entry Accepted Through June 10*

Head Coach: Brendan Gonring: [gonringb@elmbrookschoools.org](mailto:gonringb@elmbrookschoools.org)

Send Entry Form/Payment To:

Brookfield East High School

C/o Brendan Gonring

3305 N. Lilly Rd

Brookfield, WI 53005

Make Checks Payable to: **Jr Spartan Basketball**

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Athlete Name: \_\_\_\_\_

Phone:\_\_\_\_\_ Email:\_\_\_\_\_

Grade Entering: 8 9 T-Shirt Sizes (adult): S M L XL 2XL

Parent Signature:\_\_\_\_\_