



SUMMER: CARY-GROVE JUNIOR HIGH WEIGHT AND AGILITY CAMP

PLAYOFF QUALIFIER: 1980, 1981, 1987, 1988, 1992, 1993, 1996, 1997, 1998, 1999, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019

STATE QUARTER FINALISTS: 1987, 1988, 1998, 2005, 2006, 2008, 2010, 2016, 2019

CONFERENCE CHAMPIONS: 1971, 1980, 1981, 1993, 2004, 2005, 2006, 2007, 2008, 2009, 2012, 2014, 2018,

SEMIFINALIST: 1997, 2015

STATE FINALIST: 2004, 2012, 2014

STATE CHAMPION: 2009, 2018

Overview of Junior High Weight and Agility Camp

This camp is for athletes entering 6th to 8th grade in the fall of 2021. The camp is designed to introduce campers to the weight lifting techniques along with speed and agility fundamentals taught at Cary-Grove High School. All players will be instructed by members of the Cary-Grove High School football staff, and members of the 2020 varsity football team.

Areas of instruction

Strength: Weight Training Movements

Weightlifting technique with focus on how to develop the skills with no weights.

Agility: Agilities/Plyometrics

The proper way to jump, land, and be explosive.

Speed: Movement

Moving more efficiently and effectively with emphasis on application to all sports.

Dates and Times

June 21-22-23-24: 9:00-10:00 AM

June 28-29-30: 9:00-10:00 AM



Camp Location

Camp will start each day by meeting in the Cary-Grove Weight Room. From there, players go through their workout in the weight room, wrestling balcony, or outside.

Cost

\$85 for 6th Grade - 8th Grade Weight and Agility Camp

- Registration fee includes camp T-Shirt (if received by June 1st)
- **Payments after June 1st will NOT receive a T-Shirt**

Equipment

Shorts, Gym Shoes, Water Bottle

Payment and Registration

Online Summer Camp Registration [Link](#), or go to <https://chsd155.revtrak.net/RW-CGHS/>

IF YOU HAVE ANY QUESTIONS, PLEASE email

Coach Ludwig at rludwig@d155.org, or

Coach Seaburg at bseaburg@d155.org



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