

2017 LION STRENGTH & CONDIDTIONING CAMP

This Camp is Functional Training at its best! Improve Balance, Coordination, Speed and Power!

Camp Focus is on creating 'better movers' and 'maximizing one's athletic potential' with an increased focus on functional movements that carry over to the sports you play.

BOTTOM LINE... The better one moves, the better one performs!

2015 & 16 Camp Results: Athletes improved their vertical jump 1.9" and their 40yd dash by 2-tenths in the 6 week training period! (Results may vary)

***CAMP DATES ARE: Wednesday, JUNE 14th – Thursday, AUGUST 3^d
(8 Weeks / 26 Training and Testing Days)***

8:00-10:00a Monday, Tuesday, Wednesday and Thursday's

Camp Cost is \$100/Athlete – Includes a Camp T-Shirt and Donation toward the LHS Weight Room

Location: Littleton High School Track and Performance Center! 199 E. Littleton Blvd!

Camp Director: Chad Koepke -Littleton H.S. Physical Education Instructor & Head Track & Field Coach

Camp Staff: Select Members of the Littleton High School Coaching Staff

For Further Information Contact Coach Koepke at 303.514.6907, or by email at ckoepke@lps.k12.co.us

LION STRENGTH CAMP APPLICATION. Please accept this as my official application for The Lion Strength & Conditioning Camp beginning June 14 and ending August 3, 2017. Campers enrollment will be taken on a first come, first served basis. Make Checks Payable to **Chad Koepke/LION Strength Camp. Please detach this portion of the form and return it with payment to Coach Koepke at Littleton High School 199 E Littleton Blvd, Littleton, CO 80121 or bring your application to walk up registration on June 12th at the LHS Track.**

ATHLETE NAME: _____

PRIMARY SPORT: _____ ATHLETE CELL PHONE: _____

PARENT/GUARDIAN NAME: _____

PARENT/GUARDIAN CELL PHONE (In case of emergency): _____

T-Shirt Size: XS S M L XL XXL 3XL

PAYMENT IS DUE AT THE START OF THE CAMP. SEE COACH KOEPKE WITH QUESTIONS.

By signing this form, I hereby release Chad Koepke, Lion Strength Camp and all employees, Littleton High School, and Littleton Public Schools from any liability, negligent or not, related to accidental injury that may occur from training during camp dates and times. I understand that any physical activity is subject to potential injury and I assume that risk.

Signed, Parent/Guardian _____

Date: _____