



CONTACT INFORMATION

Don Morse
Physical Educator/ Head Football Coach
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OVERVIEW

In the SLHS Speed Camp, students and student/athletes will receive instruction on proper lifting techniques of a variety of lifts that will help gain overall body strength, prevent injuries, and improve performance. We will also focus on specific agility and plyometric skills designed to improve an athlete's ability in a wide range of sports. The environment will be intense, with training on multiple aspects of increasing athleticism and overall physical performance. The objective is to enhance athletic/student potential and prevent injuries during athletic endeavors.

Each session will meet Monday, Tuesday, Wednesday, and Thursday for approximately two hours. The following areas of student/athletic development and performance will be covered during each session:

- Basic & Olympic Lifting Techniques
- Speed and Agility
- Explosive Power
- Core Strengthening

Camp Staff

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|--------------------|--------------------------|
| Coach D. Morse | Head Football Coach |
| Coach C. Calcara | Assistant Football Coach |
| Coach T. Hillberry | Head Volleyball Coach |
| Coach A. Valdez | Head Softball Coach |
| Coach P. Schall | Assistant Football Coach |

FACILITY INFORMATION

Training will be conducted in the Standley Lake High School weight room and small gymnasium. The facility entrance is located at the southeast corner of the high school, located at 9300 West 104th Avenue in Westminster.

SESSION OVERVIEW

SPEED AND AGILITY

Athletes will work on foot speed, coordination and proper mechanics of moving quickly and efficiently.

BASIC AND OLYMPIC LIFTING TECHNIQUES

Athletes will cover proper lifting techniques used to strengthen the core, legs, arms, and back. The focus will be on injury prevention and performance enhancement.

Weightlifting coaches will introduce the proper techniques in the most explosive, athletic weight room exercises, including the squat, hang clean, bench press, incline press, as well as numerous auxiliary lifts. These moves commonly used in collegiate and elite training for a wide range of sports.

EXPLOSIVE POWER

Any athlete participating in sports requiring explosive movements will benefit from this introduction to plyometric training principals, squat jumps and a variety of other movements to increase explosive power.

TRAINING SCHEDULE

Training will consist of conditioning, agility, strength and plyometric drills. Sports related topics will be discussed, including safety, proper technique, nutrition, and injury prevention.

AGE: ENTERING 9TH GRADE AND UP
COST: \$50.00
DATES: JUNE 5th – AUGUST 3rd (Football Testing August 7th and 8th)
TIMES: MONDAY THRU THURSDAY
7:00-7:30 am Open lifting, 7:30-9:00 am Boy's, 9:00-10:30 am Girl's

WHAT TO BRING

- Athletic shoes
- Athletic apparel
- NO Drinks other then water allowed in the weight room or small gymnasium

POLICIES AND PROCEDURES

Summer attendants must comply with the SLHS rules and regulations. All students must participate in each day's activities and follow proper instructions. The training is advanced and may cause injury if performed incorrectly.

PAYMENT AND REGISTRATION

Payments need to be turned into Coach Morse, the main office, or through the mail prior to May 26th.

Make checks payable to: STANDLEY LAKE or SLHS

PLEASE DETACH AND RETURN THIS PORTION, ALONG WITH PAYMENT TO:

SLHS Speed Camp
Standley Lake H.S.
9300 West 104th Ave.
Westminster, CO 80021

REGISTRATION FORM

Please submit this form with payment to:
SLHS Speed Camp by May 26th, 2017
Checks payable to **STANDLEY LAKE or SLHS**

Student Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Home Phone: _____
Work Phone: _____
Emergency Contact: _____
Contact Phone: _____

Parent Release and Indemnity Agreement

We/I hereby request that you accept the student's application for enrollment in the Standley Lake High School Summer Speed Camp. In consideration of your acceptance of this application, we/I hereby agree to release indemnity and hold harmless the Standley Lake High School, its agents, employees, representatives or assigns, including the Standley Lake High School athletics program, the coaching and training staff, from all claims resulting from any injury sustained by my child while traveling and participating in the program. We/I further hereby give permission to the coaches, training staff or other medical professionals to provide medical care as deemed necessary to my child in case of injury or illness.

Parent/Legal Guardian: _____

Student/Participant: _____