

CHAMPLIN PARK REBELS
STRENGTH AND CONDITIONING PROGRAM

This program welcomes male participants ages 13 through 19, and is aimed at improving overall physical strength and cardiovascular fitness. Class emphasis will be on perfection of techniques in lifting, running, agility, and plyometrics. The program focuses on creating or enhancing explosiveness for athletes in all sports and at all levels. Rebel football & basketball coaches run this program and will be working with their position players on basketball skills each week.

Who: Male athletes ages 13-19

When: Monday-Friday (Fridays are optional. Programs are set up for a 4 day workout.)

Monday, June 16th - Thursday, July 31st

Time: 8:00 am- 10:00 am

Location: Champlin Park High School
Weight Room (Entrance E-6)

Fee: \$50.00 per participant

Champlin Park Rebel Strength and Conditioning Registration Form

Please Print and Fill Out Completely

Mail to: Mike Korton

Champlin Park Football, P.O. Box 468, Champlin, MN 55316

Participant's Name :

Grade Level Fall of 2008: _____

Parent/Guardian Name :

Address: _____

City _____ Zip _____

Phone: _____

Amount Enclosed: \$ _____

Checks payable to: **CP Touchdown
Club**