

# Lancer Power

## Strength, Speed, Conditioning camp

CAMP INSTRUCTORS: JON SUMNER, ADAM HICKS, RICK VOSS, BOYD MANNE, MATT WARREN

**Who:** Open to any students in grades 7-12th (grade entering in the fall of 2018). We will be splitting this into 2 sessions this summer.

**\*All 10<sup>th</sup>-12<sup>th</sup> Grade Boys will attend session 1**

**\*ALL 6<sup>th</sup>-8<sup>th</sup> Graders, ALL incoming Freshmen and ALL Girls will attend session 2.**

**When:** Monday, Tuesday, Wednesday, & Thursday each of the following dates and times:

<u>June</u>	<u>Session 1</u>	<u>Session 2</u>
June 4-7	8-10 am	10 am -12 pm
June 11-14	8-10 am	10 am -12 pm
June 18-21	8-10 am	10 am- 12 pm
June 26-29	8-10 am	10 am- 12 pm
<u>July</u>	<u>Session 1</u>	<u>Session 2</u>
July 9-12	8-10 am	10 am-12 pm
July 16-19	8-10 am	10 am -12 pm
July 23-26	8-10 am	10 am -12 pm

**Where:** Lafayette Weight Room and Track (Camp is a Rockwood Sponsored Camp)

**Cost:** \$175.00 (\$50 early registration discount) if registered by **May 17<sup>th</sup>, 2018**  
\$225.00 if registered after May 17<sup>th</sup>, 2018

Athletes will be divided into 3-4 groups which will participate in weight training, speed training, agility drills, and conditioning each day. Safety and Lifting techniques will be taught. This is an intense lifting and conditioning program. Plan on eating a good breakfast and competing against yourself each day.

Please register online at the link below and mail in check/cash to the address below **made payable to Lafayette High School** and mail to:

Jonathan Sumner  
Lafayette High School  
17050 Clayton Rd.  
Wildwood, Mo. 63011

**REGISTER ONLINE at:**

[https://docs.google.com/forms/d/e/1FAIpQLSeqZljGNAd7E8nNqr2Ch6eMOdBoomxECGbZi\\_RDEuCGrbea5A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeqZljGNAd7E8nNqr2Ch6eMOdBoomxECGbZi_RDEuCGrbea5A/viewform?usp=sf_link)

E-mail Jonathan Sumner at [sumnerjonathan@rsdmo.org](mailto:sumnerjonathan@rsdmo.org) with any questions.