

PROGRAM FEES & DESCRIPTIONS

Programs are designated for '08-'09 grade

Open Lifting

10th – 12th Grade \$75

Open lifting will be available to all current Eastview students. General lifting programs will be available upon request.

Super Group

10th – 12th Grade Girls \$115

10th – 12th Grade Boys \$115

9th Grade Girls \$75

9th Grade Boys \$75

10th – 12th Grade Super Group consists of an intense organized lifting program, plyometrics, conditioning, medicine ball training, and core workouts.

9th Grade Super Group is an introduction to the strength & conditioning programs that the athletes will undergo while at EVHS. These programs are designed to improve strength, explosiveness, & quickness.

Youth Training

6th – 8th Grade Girls & Boys \$65

The youth training is a great way to introduce the younger athletes to the weight room with a program that suits their age & development. This program focuses on agility training & speed development.

EVHS Alumni \$50

The Alumni Fee includes an optional strength & conditioning program that each person can use if they wish. EVHS alumni include 2007 graduates.

Each program will be conducted in the Storm Center, which is Eastview's weight room. The weight room is equipped with free weights, weight machines, cardio equipment, and a 135 meter indoor track.

COACHING STAFF

Boys' Strength Coordinator

Troy Swanson Head Track
Math Asst. Football

Girls' Strength Coordinator

Becky Egan Head Volleyball
Health/PE

Strength Coaches

Jessica Arnold Asst. Softball
Health/PE

Kurt Habeck Head Wrestling
Social Studies Asst. Football

Tyler Krebs Asst. Football
Video/Multimedia

Becky Liefort Asst. Volleyball
Social Studies

Erin Nickleby Asst. Volleyball
Health/PE

Kelly Sherwin Head Football
Math

Eric VandeBerg Asst. Football
Social Studies Asst. Track

Jamey Wagner Asst. Football
Social Studies

Please direct all questions to:

Becky Egan

Rebecca.Egan@district196.org

EASTVIEW H.S.

STORM CENTER



SUMMER 2008

STRENGTH & CONDITIONING
PROGRAMS

June 16 – August 8

Application Due June 6, 2008

PROGRAM OBJECTIVES:

- ⚡ Increase Confidence
- ⚡ Increase Strength
- ⚡ Increase Power & Explosiveness
- ⚡ Increase Mental Toughness
- ⚡ Increase Flexibility
- ⚡ Improve Endurance
- ⚡ Have Fun

GOALS

In addition to improving your overall athleticism, the goals of our summer programs are to teach teamwork, improve character and make us a more athletically competitive school. We strongly encourage all athletes to participate in our summer programs in order to help us achieve these goals.

ELIGIBILITY

Female & male athletes from 6th grade and above are encouraged to sign-up for the program which suits their age. It is recommended that athletes sign up with a team or teammates to increase motivation & work ethic.

PROGRAM INSTRUCTORS

Each program will be run by coaches & teachers from the Eastview High School Staff.

PROGRAM START DATES & TIMES

- ⚡ All programs will be OFF June 30th – July 4th.
- ⚡ All programs run through the week of August 8th.

10th – 12th Grade Open Lifting

Starts June 23th, Mondays – Thursdays
6:00pm-8:00pm

10th – 12th Grade Girls' Super Group

Starts June 16th, Mon/Wed/Fri
7:00am-9:00am

10th – 12th Grade Boys' Super Group

Starts June 16th, Mon/Tue/Thurs/Fri
Start times will vary from 8am – 10am
Sessions last 1 ½ hours

9th Grade Girls' Super Group

Starts June 23rd, Mondays & Wednesdays
7:20-9:00

9th Grade Boys' Super Group

Starts June 24th, Tuesdays & Thursdays
10:00am-11:30am

Youth Training

Starts June 24th, Tuesdays & Thursdays
11:00am-12:00pm

EVHS Alumni

Starts June 16th, Mondays – Thursdays
6:00pm-8:00pm

**"The will to win is important, but the
will to prepare is vital."**

-Joe Paterno



REGISTRATION FORM DUE BY JUNE 4TH

Walk-in registrations will be taken

Name _____

'08-'09 Grade _____ Male Female

Address _____

City/Zip _____

Phone _____

EMERGENCY CONTACT INFORMATION

Name _____

Phone _____

Fall Sport _____

Winter Sport _____

Spring Sport _____

Please Check Appropriate Box

- | | |
|--|-------|
| <input type="checkbox"/> Open Lifting | \$75 |
| <input type="checkbox"/> 10 th -12 th Super Group | \$115 |
| <input type="checkbox"/> 9 th Gr. Super Group | \$75 |
| <input type="checkbox"/> 6 th -8 th Gr. Youth Training | \$65 |
| <input type="checkbox"/> EVHS Alumni | \$50 |

Make Checks Payable To:

Eastview Weight Room

Mail Registration Forms To:

**Eastview High School
c/o Storm Center - Becky Egan
6200 140th Street West
Apple Valley, MN 55124-6912**