

2009 EASTVIEW LIGHTNING STRENGTH & CONDITIONING PROGRAMS



June 15 - August 14
Start dates vary depending on program

**ALL PROGRAMS WILL BE OFF
JUNE 29-JULY 3**

PROGRAM OBJECTIVES

Our athletes will

- Develop Athletic Confidence
- Improve Strength
- Increase Power
- Strengthen Mental Toughness
- Improve Flexibility
- Improve Cardiovascular Endurance
- Increase Explosiveness

GOALS

The primary goal of EVHS's Strength & Conditioning programs is to improve overall athleticism. In addition, we focus on encouraging teamwork, improving character and making the Eastview Lightning a more athletically competitive school.

ELIGIBILITY

Female & male athletes from 6th grade through 12th are encouraged to sign-up for the program designated for their age. We recommend that athletes sign up as a team or with teammates to increase motivation & work ethic.

PROGRAM DESCRIPTIONS & FEES

10-12th Grade Super Groups

Consists of an intense organized program including strength training, plyometrics, conditioning & core workouts.

\$115

10th - 12th Grade Girls' Super Group
Begins June 15th, Mon/Wed/Fri
7:00am-9:15am

10th - 12th Grade Boys' Super Group
Begins June 15th, Mon/Tue/Thurs

Start times will be assigned: 8-10am, 1.5 hr/session

9th Grade Super Groups

9th Grade Super Group is an introduction to the strength & conditioning programs that the athletes will undergo while at Eastview High School.

\$75

9th Grade Girls' Super Group
Begins June 22nd, Mon & Wed, 7:20-9:15am

9th Grade Boys' Super Group
Begins June 23rd, Tues & Thur, 10-11:30am

6th-8th Grade Youth Training

The youth training is designed for both girls & boys interested in increasing their athletic ability.

We utilize this program to introduce the younger athletes to the weight room suiting their age & development needs. The focus is on agility training & speed development.

\$65

Begins June 23rd, Tues & Thur, 11am-12:00pm

10-12th Grade Open Lifting

Available for current EV enrolled students who would like to maintain their strength throughout the summer. Students should connect with Mrs. Egan to determine when lifting times are available.

\$75 - Begins June 22, times TBD

Eastview Alumni Lifting

Evening lifting times available for any Eastview Alumni. Many of our graduated athletes who are competing at the collegiate level take advantage of this inexpensive opportunity.

\$50 - Begins June 22nd, Mon-Thur, 6-8:00pm

STORM CENTER REGISTRATION FORM

One registration per athlete Due by June 5th

Direct questions to Becky Egan
Rebecca.Egan@district196.org

NAME _____ MALE _____ FEMALE _____ '09-'10 GRADE _____

ADDRESS _____ CITY & ZIP _____ PHONE _____

EMAIL _____ EMERGENCY CONTACT & PHONE _____

SPORTS PLAYED _____

CHECK PROGRAM: 10-12 Gr Super Group 9th Gr Super Group 6-8 Gr Training Open Lift EVHS Alumni

Checks payable to: Eastview High School

Mail to: EVHS c/o Storm Center- Becky Egan 6200 140th St W, Apple Valley, Minnesota 55124-6912