



CHAMPLIN PARK REBELS SOFTBALL STRENGTH AND CONDITIONING PROGRAM

This program welcomes 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 ply-o- metrics. The program focuses on creating or enhancing explosiveness for athletes in all sports and at all levels. Rebel football coaches run this program and will be working with the players on these skills each week.

Who: Athletes ages 13-19

When: Monday-Friday

*Girls will be having softball practice Wednesday's from 10:00 am to 11:30 am. We will lift from 9:00 am to 10:00 am (Fridays are optional. Programs are set up for a 4 day workout.)

Monday, June 14th - Thursday, August 6th

July 1st – 7th, is a no contact period. (Weight room will be open for registered athletes.)

Time: 9:00 am- 11:00 am

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

Fee: \$60.00 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 2011 _____

Parent/Guardian Name _____

Address _____ City _____ Zip _____

Phone _____ Amount Enclosed _____

Checks payable to: **CP Touchdown Club**