



# **2023 JUNIOR SUMMER STRENGTH & CONDITIONING CAMP**

**July 11th - August 10th 2023**

**Tuesday & Thursday 2pm – 3pm - \$50**

Want to improve your athleticism for sports? Come train this summer with the AMHS Strength and Conditioning Staff! Our community-based program is a great way to get in shape for all upcoming sports seasons, and improve speed, power, and strength!

- Learn how to improve athletic development such as Speed, Agility, Strength, and Power.
- Be coached by the AMHS Sports Performance Staff, Sports Medicine Staff to reduce the chance of injury, improve performance, build confidence for sport, and HAVE FUN!
- Use new tools that will help you become a better multi-sport athlete for all sports!
- Learn simple recovery and nutrition strategies to help you perform better.

**WHO: ANY & ALL 6<sup>th</sup>, 7<sup>th</sup>, and 8th-grade students.**

**WHERE: Archbishop Murphy High School Weight Room, Terry Ennis Stadium**

**Dates: July 10th - August 10th 2023 Every Tuesday & Thursday**

**Time: 2pm – 3pm**

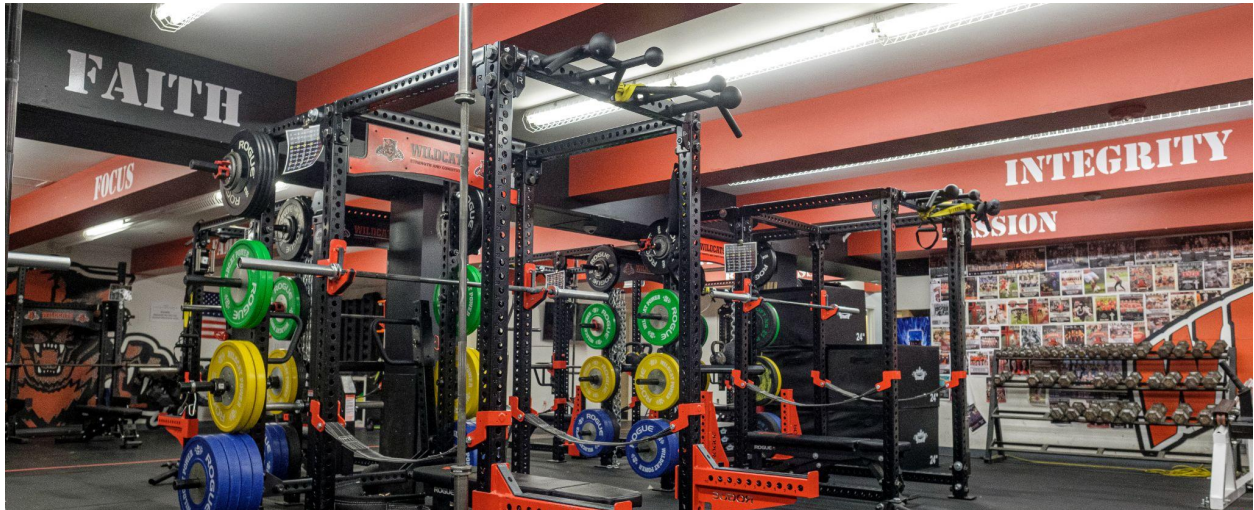
**Cost: \$50 for 5 weeks - **Only 30 spots available!****

- Have proper footwear at all times (training sneakers/running sneakers).
- This camp is OPEN TO THE PUBLIC and available for both boys and girls.

**#CATS**

**COMMITMENT ATTITUDE TOUGHNESS SERVICE**

## **About the AMHS Strength & Conditioning Program**



The AMHS Sports Performance Facility is a 1,500-square-foot training space filled with some of the best strength and conditioning equipment in the state of Washington. The Rogue branded room holds 10 Power Racks (7 fully customized Power Racks, 3 adjustable Half Racks), age-appropriate and various barbells, over 10,000lbs of free weights, dumbbells, kettlebells, medicine balls, bands, 5 sets of plyometric boxes, and speed and agility training equipment. Technology is also highly used in the room to track, measure, and improve power, strength, and speed. It also includes a turf area just a step away from the indoor training facility. Sports Performance Training and Injury Rehabilitation are performed in the room with Sports Medicine Staff. The best part: all of the walls are covered with faces of past and present Wildcats to create an amazing training environment for all!

**Register online at [am-hs.org/strength](http://am-hs.org/strength)**