



## 2024 SUMMER STRENGTH & CONDITIONING

Get ready for your upcoming sport in the best way possible – the *WILDCAT WAY!* Summer Strength and Conditioning options are available for ALL students attending Archbishop Murphy High School this summer! Improve sports performance, injury resilience, and conditioning aspects with the AMHS Sports Performance Staff!

\*ALL Start dates and times are subject to change\*

Interest Group/Description	Days & Time
<p style="text-align: center;"><b><u>9th GRADE FOOTBALL PROGRAM</u></b> <b><u>(2-WEEK INTRODUCTORY PHASE)</u></b></p> <ul style="list-style-type: none"> <li>REQUIRED for all 9th Grade &amp; Transfer students interested in Football before joining the full Football group.</li> </ul>	<ul style="list-style-type: none"> <li>July 8th - August 18th</li> <li>8 am - 930am</li> <li>Students will be moved to the Full Football group starting on July 22th</li> </ul>
<p style="text-align: center;"><b><u>FOOTBALL GROUP - RETURNERS</u></b></p> <ul style="list-style-type: none"> <li>Open to all RETURNING 10th, 11th, and 12th-grade students interested in Football</li> </ul>	<ul style="list-style-type: none"> <li>July 8th to August 15th</li> <li>Monday - Thursday</li> <li>9 am-11 am</li> </ul>
<p style="text-align: center;"><b><u>GIRLS VOLLEYBALL GROUP</u></b></p> <ul style="list-style-type: none"> <li>9th, 10th, 11th, and 12th Grade &amp; Transfer students interested in Volleyball</li> </ul>	<ul style="list-style-type: none"> <li>July 8th to August 15th</li> <li>Monday, Wednesday, and Thursday</li> <li>11:30 am- 12:30 pm</li> </ul>
<p style="text-align: center;"><b><u>BOYS BASKETBALL GROUP</u></b></p> <ul style="list-style-type: none"> <li>9th, 10th, 11th, and 12th Grade &amp; Transfer students interested in Basketball</li> </ul>	<ul style="list-style-type: none"> <li>July 8th to August 15th</li> <li>Tuesday, and Thursday               <ul style="list-style-type: none"> <li>11 am- 12 pm</li> </ul> </li> <li>Wednesday               <ul style="list-style-type: none"> <li>6pm-7pm</li> </ul> </li> </ul>
<p style="text-align: center;"><b><u>SOCCER (Boys and Girls) PROGRAM</u></b></p> <ul style="list-style-type: none"> <li>9th, 10th, 11th, and 12th Grade &amp; Transfer students interested in Soccer (Boys and Girls)</li> </ul>	<ul style="list-style-type: none"> <li>July 8th to August 15th</li> <li>Monday, Wednesday               <ul style="list-style-type: none"> <li>10:45am - 12pm</li> </ul> </li> <li>Thursday               <ul style="list-style-type: none"> <li>1pm - 2pm</li> </ul> </li> </ul>
<p style="text-align: center;"><b><u>CHEERLEADING PROGRAM</u></b></p> <ul style="list-style-type: none"> <li>9th, 10th, 11th, and 12th Grade &amp; Transfer students interested in Cheerleading</li> </ul>	<ul style="list-style-type: none"> <li>July 8th to August 15th</li> <li>Monday and Wednesday</li> <li>11am- 12 pm</li> </ul>
<p style="text-align: center;"><b><u>OPEN STRENGTH &amp; CONDITIONING PROGRAMS (2 Time Options)</u></b></p> <ul style="list-style-type: none"> <li>Any sport not listed</li> <li>Physical Education Credit, makeup, or complete extra sessions</li> </ul>	<ul style="list-style-type: none"> <li>July 8th to August 15th</li> <li>Slot 1: Monday, Wednesday (Female Students)               <ul style="list-style-type: none"> <li>12pm-1pm</li> </ul> </li> <li>Slot 2: Tuesday, Thursday (Male Students)               <ul style="list-style-type: none"> <li>11am -12 pm</li> </ul> </li> <li><b>Alternate times are available.</b> Email Coach Jordan for availability.</li> </ul>

**Cost: \$75 Fee**

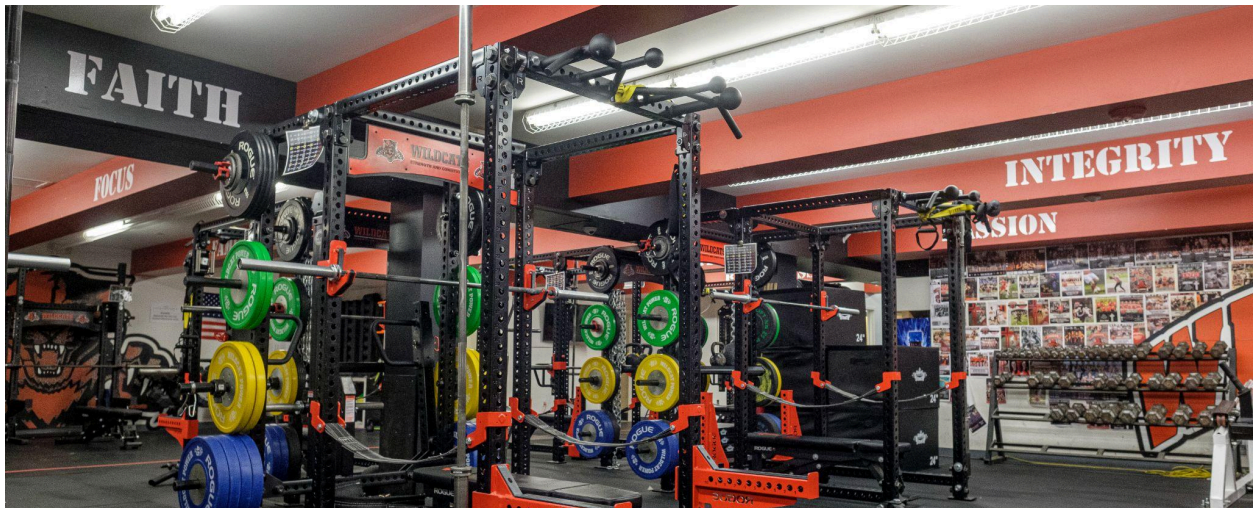
**To SIGN UP & SEE MOST UP TO DATE INFORMATION VISIT**

**AM-HS.ORG/STRENGTH**

### **Faqs/Additional Details:**

- Athletes are asked to eat breakfast and lunch (if applicable and maintain good hydration habits such as 60% of body weight/ounces of water consumed daily)!
  - **Training Table is HIGHLY SUGGESTED for the summer program.** This includes the option of a pre-activity snack, refuel shake or bar, and post-training snack for less than \$1/serving. [See HERE or online for details!](#)
  - Have proper footwear at all times (Both cleats, court shoes, and/or training sneakers/running sneakers). Cross-training sneakers with laces and firm low soles are highly suggested as a universal option! Athletes **MUST** wear socks.
  - Even if an athlete will miss a few sessions due to vacations or conflicts, it is still highly encouraged to sign up and attend as many as possible. An away program is available. If additional training time or need is required, please do not hesitate to email Coach Jordan at [jjames@am-hs.org](mailto:jjames@am-hs.org) (ex: Work schedule, babysitting hours conflict, vacation). **WE CAN FIND A WAY!**
- **Freshmen taking Strength & Conditioning during the school year ARE STRONGLY ENCOURAGED to take Summer Strength & Conditioning to be ready for the fall course.**

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



The AMHS Sports Performance Facility is a 1,500-square-foot room 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!