

JUNIOR WILDCAT SPEED & STRENGTH SUMMER SCHOOL



STRONG TODAY. READY FOR TOMORROW.

Want to improve your athleticism for sports? This junior strength and conditioning camp is designed to help 5th, 6th, 7th, and 8th-grade student-athletes learn how to train the right way—with proper coaching, safe progressions, and a focus on long-term athletic development.

**LEVEL
UP!**

OPEN TO ALL 5th, 6th, 7th, & 8th Grade Students

SUMMER SESSION 7/7 - 8/11 Tuesday/Thursday

4 Time Slots! \$115/Student

Sign up at www.am-hs.org/strength Email jjames@am-hs.org

12911 39th AVE SE EVERETT, WA 98208

**Don't Just Lift Weights and run—
Learn how to TRAIN toward a goal,
get STRONGER, develop SPEED!**

This camp introduces young athletes to:

- Proper movement mechanics
- Body awareness and control to reduce injury risk
- Smart training habits that scale as athletes grow
- Off-field habits (nutrition, sleep, self-care)



Where Development Begins

Our junior program is built on **long-term athletic development**, not “workouts of the day.”

Your athlete will:

- Build a strong physical foundation before high school
- Learn why exercises matter—not just how to do them
- Develop consistency, discipline, and confidence
- Be better prepared for future school, club, and high school sports

SUMMER TRAINING TIMES

Each time slot is limited to 30 Slots with 3 to 4 coaches

Group 1 - 5th/6th Grade

Tuesday & Thursday 12pm - 130pm

Group 2 - 5th/6th Grade

Tuesday & Thursday 1230pm - 2pm

Group 3 - 7th/8th Grade

Tuesday & Thursday 1pm - 230pm

Group 4 - 7th/8th Grade

Tuesday & Thursday 130pm - 3pm



@archmurphystrength