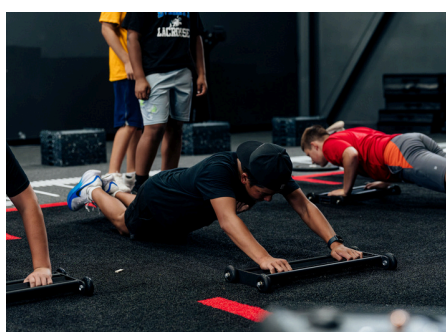
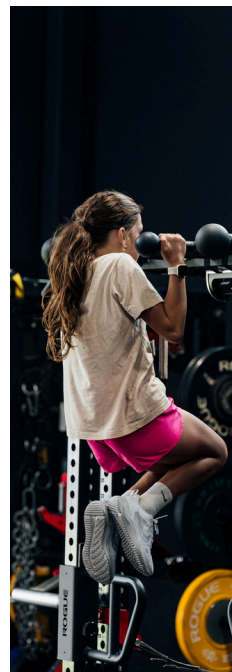
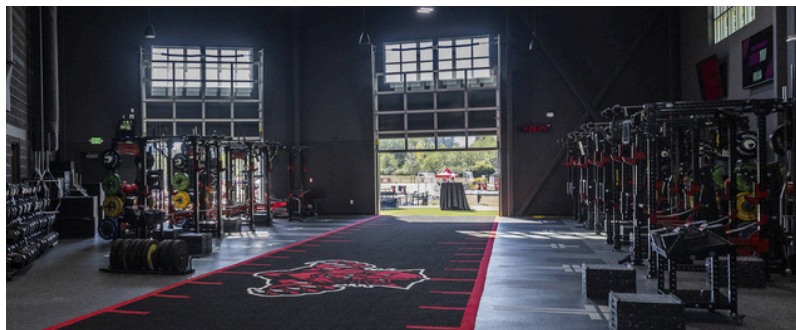




WILDCAT JUNIOR STRENGTH CAMP



**LEVEL
UP!**

STRONG TODAY. READY FOR TOMORROW.

Want to improve your athleticism for sports? This junior strength and conditioning camp is designed to help 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.

\$115 - OPEN TO ALL 6th, 7th, & 8th Grade Students

FALL SESSION 10/20-12/3/26

Tuesday & Thursday 430-6pm

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 —

Learn How to TRAIN!

This camp introduces young athletes to:

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



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



Program Director

Jordan James, MS, CSCS, USAW, FMS, PES, CAFS, Pn1

Jordan James is the Director of Sports Performance and Wellness at Archbishop Murphy High School, where he has led student and athlete development since 2011. His experience spans high school, collegiate, private-sector, and youth national teams.

A former Washington State Director for the NHSSCA (2019–2024), he was named 2025 NHSSCA Regional Coach of the Year and a National COY finalist. His passion is to help young people chase and achieve their goals.