

# Just for Girls

## CBHS SPEED, STRENGTH & AGILITY CAMP

*"Strength is the foundation upon which both skill and speed are built! I believe strength is critical to all other things you must instill in young women, ranging from speed and quickness to explosiveness. This Camp serves as a foundation for the beginning of this process."*

MAKE CHECKS PAYABLE TO: CBHS

MAIL TO: **Chris Lewis**  
**Christian Brothers High School**  
**5900 Walnut Grove Road**  
**Memphis, TN 38120**

WHEN	Monday, June 27, 2011 through Thursday, June 30, 2011
WHERE	CHRISTIAN BROTHERS HIGH SCHOOL Weight Room – Gym – Track – Fields
TIME	9:00 a.m. –12:00 p.m.
AGES	All girls entering 7 <sup>th</sup> - 12 <sup>th</sup> grade are eligible. All athletes and interested individuals of <b>all sports</b> .
GOALS	To provide a foundation in weight and speed training. Form and technique are stressed in order to provide all athletes an opportunity to become faster and stronger for any sport.
ACTIVITIES	Hands on instruction in sports flexibility and warm up sequence, core development, explosive resistance training, bench press, squat, and many auxiliary lifts. Acceleration and speed training with emphasis on form and proper mechanics to enhance athletic competitiveness. In addition, advanced training techniques will be provided through the use of speed chutes, plyometrics and interval training.
COORDINATORS	Chris Lewis – Coach Lewis has 20+ years experience as a head coach, and has motivated his teams to over 300 career wins. He has worked with over 100 state medalists in his tenor at CBHS.  Mark Hamer - Certified Strength & Conditioning Specialist, Coach Hamer has 18 years experience as a trainer. He has helped numerous teams and athletes sharpen their competitive edge by incorporating proper principles of training. He is currently the strength coach for CBHS football and soccer.
COST	\$100 if pre-registered; \$110 on opening day. This covers the camp fee and a camp T-shirt.

For more information call 338-1076 or 634-0078.

### CBHS SPEED, STRENGTH & AGILITY CAMP REGISTRATION

NAME \_\_\_\_\_ GRADE ENTERING FALL 2011 \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_  
SCHOOL \_\_\_\_\_ EMERGENCY PHONE NUMBER \_\_\_\_\_

T-Shirt Size: (circle one)    S    M    L    XL

I hereby give permission for my daughter to participate in the CBHS Speed & Strength Camp and for the directors of the camp to use their best judgment in case of any emergency.

Parent/Guardian Signature \_\_\_\_\_