

2019 Arrowhead Athletic Conditioning Camp

Duration: June 17th – July 25th (23 sessions - Thursday, July 4th OFF)

Monday, Wednesday, Thursday – Lifting & Speed Schedule Below

Tuesday - ALL ACC PARTICIPANTS (9-12 GRADERS): 8:30-10:30 – Metcon & Leadership Training

Group	Time	Age Level Workout	Starting Location
Group A	6:30-8:30	Junior and Senior Athletes	Weight Room
Group B	7:30-9:30	All Athletes	Football Field
Group C	8:30-10:30	All Athletes	Football Field
Group D	9:30-11:30	All Athletes	Football Field
Group E	5:30-7:30	All Athletes	Weight Room
Group F	5:30-7:30	All Athletes	Football Field

Open to: Any student-athlete entering 9th – 12th grades.

Fee: \$100.00

Course Description:

Join the team of Warhawks working hard to get better each day. This program is designed to train athletes from all ability levels and sports to improve speed, flexibility, strength, kinesthetic awareness and body composition. This will ensure the best possible environment for our athletes to grow.

Open to athletes from the novice to the highly experienced, our collaborative program allows us to challenge all skill levels in a supervised, highly-structured environment.

Contact: Fritz Rauch (rauch@arrowheadschoools.org) No refunds after June 1st.

Registration

NAME: _____ AGE: _____ PHONE: _____

EMAIL: _____ GRADUATION YEAR: _____

ADDRESS: _____ CITY/ZIP: _____

Time: June 17th – July 25th

- Group A: 6:30 am—8:30 am - **ALL JUNIOR AND SENIOR ATHLETES**
- Group B: 7:30 am—9:30 am - **ALL ATHLETES**
- Group C: 8:30 am—10:30 am - **ALL ATHLETES**
- Group D: 9:30 am—11:30 am - **ALL ATHLETES**
- Group E/F: 5:30 pm—7:30 am - **ALL ATHLETES**

Camp T-Shirt Size (circle): XS S M L XL 2XL 3XL 4XL

Fee: \$100.00

By virtue of my signature, I hereby release all instructors, Arrowhead High School and staff, and any other students from all liability for personal injury that may occur during or after my participation in the Athletic Conditioning Camp. I acknowledge that I must have adequate health insurance to cover any injuries while involved in this program. NO REFUNDS AFTER JUNE 1st.

PARENT/GUARDIAN: _____ DATE: _____

Please make checks payable to: Arrowhead High School

Mail registrations to: AHS, Fritz Rauch, 800 North Avenue, Hartland, WI 53029