



**CHAMPLIN PARK REBELS
STRENGTH AND CONDITIONING PROGRAM**

This program welcomes male participants ages 13 through 19, and is aimed at improving overall physical strength and cardiovascular fitness. Class emphasis will be on perfection of techniques in lifting, running, agility, and plyometrics. The program focuses on creating or enhancing explosiveness for athletes in all sports and at all levels. Rebel football coaches run this program and will be working with their position players on football skills each week.

Who: Male athletes ages 13-19

When: Monday-Friday
(Fridays are optional. Programs are set up for a 4 day workout.)
Monday, June 14th - Thursday, August 6th
July 1st - 7th, is a no contact period. Weight room will be open for registered athletes.)

Time: 8:00 am- 10:00 am

Location: Champlin Park High School
Weight Room (Entrance E-6)

Fee: \$60.00 per participant

Champlin Park Rebel Strength and Conditioning Registration Form
Please Print and Fill Out Completely
Mail to: Mike Korton
Champlin Park Football P.O. Box 468, Champlin, MN 55316

Participant's Name _____

Grade level fall of 2010 _____

Parent/Guardian Name _____

Address _____ City _____ Zip _____

Phone _____

Amount Enclosed _____

Checks payable to: **CP Touchdown Club**