

**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 15<sup>th</sup> - Thursday, August 7<sup>th</sup>

**Time:** 8:00 am- 10:00 am

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

**Fee:** \$60.00 per participant

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**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 09 \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

Checks payable to: **CP Touchdown Club**