

2018 BLUE RAIDER SUMMER STRENGTH AND SPEED

FALL IN LOVE WITH THE PROCESS AND COME IMPROVE THE CULTURE OF ANAMOSA ATHLETICS!

“CULTURE DEFEATS STRATEGY”

OUR STRENGTH AND CONDITIONING PROGRAM IS THE PILLAR OF ALL OF OUR ATHLETIC PROGRAMS AND IT IS THE **#1** THING YOU CAN DO AS AN INDIVIDUAL TO IMPROVE IN ANY SPORT

THIS SUMMER YOU HAVE A GREAT OPPORTUNITY TO BECOME STRONGER AND A MORE EXPLOSIVE ATHLETE. THE ONLY WAY TO SEE THE FULL BENEFIT OF THE PROGRAM IS TO FULLY COMMIT TO THE ENTIRE PROGRAM. IT IS A 6-WEEK PROGRAM. THOSE WHO HAVE PARTICIPATED AND BEEN CONSISTENT IN THE SCHOOL YEAR HAVE SEEN VERY POSITIVE RESULTS. THE PROGRAM WORKS IF YOU WORK!

THERE IS NO FEE TO PARTICIPATE! JUST COME WITH GREAT ATTITUDE AND EFFORT EVERYDAY.

WE INVITE ALL 2018 7TH – 12TH GRADERS MALE AND FEMALE

2018 SUMMER SCHEDULE	
WEEK 1	JUNE 3RD – 7TH
WEEK 2	JUNE 10TH – 14TH
WEEK 3	JUNE 17TH – 21ST
WEEK 4	JUNE 24TH – 28TH
OFF	JULY 2ND – 5TH
WEEK 5	JULY 8TH -12TH
WEEK 6	JULY 15TH – 19TH

DAYS AND SESSION TIMES

SUNDAYS: 9-12TH BOYS ONLY 5:30 PM – 6:30 PM (FOOTBALL SKILLS AFTER)

MONDAYS: BOYS – 6:45 AM – 8:00 AM / GIRLS 8:30 AM – 10:00 AM / 7TH-8TH 9:30AM – 10:30 AM

TUES/THURS: BOYS – 6:45 AM – 8:30 AM / GIRLS 8:30 AM – 10:00 AM / 7TH-8TH 9:30 AM – 10:30 AM

* TUES/THURS ARE OUR SPEED/AGILITY DAYS.

REGISTER HERE: IT'S IMPORTANT FOR PLANNING PURPOSES WE KNOW HOW MANY KIDS WE WILL HAVE AT EACH SESSION. You can also call the high school office or stop in to sign up. **Deadline is May 25th.**

https://docs.google.com/forms/d/e/1FAIpQLSevWHg3plDzVQf1R_wME2HoG9MTHIRYjjSULfa_sZCkdu2yuw/vie_wform?usp=pp_url&entry.2092238618&entry.1556369182&entry.479301265

IF YOU ARE PARTICIPATING IN THE SUMMER PROGRAM WE FULLY EXPECT YOU TO ATTEND. ATTENDANCE IS RECORDED FOR GROWTH TRACKING PURPOSES. 2 or MORE ABSENCES WITHOUT COMMUNICATING TO COACH STANTON WILL RESULT IN MEETING WITH SPORT COACH AND COACH STANTON. FAMILY VACATIONS OR CONFLICT WITH SCHOOL EVENTS ARE EXCUSED BUT WE EXPECT THERE TO BE COMMUNICATION AND FINDING A TIME TO MAKE IT UP.

HERE WILL BE END OF SUMMER AWARDS AS FOLLOWS: Perfect Attendance, Elite club, culture changer, and culture builder

JOBS: Many students have summer jobs. Again, communicate if there will be a conflict with your session. You can make it up if you miss. We are past using a job as a reason not to improve ourselves as athletes. If you cannot communicate or find the time to improve you will not like the results. **BASEBALL/SOFTBALL:** STILL EXPECTED TO ATTEND AND WORK HARD EVEN ON DAYS OF COMPETITION. THE RESEARCH SHOWS THAT LIFTING ON THE DAY OF COMPETITION WILL NOT HINDER PERFORMANCE WHEN DONE CORRECTLY LIKE OUR PROGRAM.

CONSISTENCY IS THE KEY. WE WILL NOT BEING MAX LIFTING ON THOSE DAYS! See Coach Stanton if you have questions.