

2019 Blue Raider Strength & Speed Summer Program

Culture Defeats Strategy

TRUST AND LOVE THE PROCESS

COME HELP IMPROVE THE CULTURE OF ANAMOSA ATHLETICS!

OUR STRENGTH AND SPEED 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 IS TO FULLY COMMIT TO THE ENTIRE PROGRAM. IT IS A 6-WEEK PROGRAM. THE PROGRAM WORKS IF YOU WORK!

2019 Summer Schedule

Week 1	June 3rd - 6th
Week 2	June 10th - 13th
Week 3	June 17th - 20th
Week 4	June 24th - 27th
OFF WEEK	July 1st - 4th
Week 5	July 8th - 11th
Week 6	July 15th - 18th

THERE IS NO COST TO PARTICIPATE. JUST COME WITH A GREAT ATTITUDE AND GIVE MAX EFFORT!

SESSION TIMES: This year when you sign up be sure to sign up for the correct session below. Out of season athletes have two possible sessions depending on whether you need to go early. *times are subject to change. For example, that first week and a half because of school we will have different times around the school day. **Below is schedule starting June 12th**

Session 1: 5:45 - 7:15 AM Monday-Thursday. This is a session time for out of season athletes who need to go earlier. We will not have this session if there is not at least 10 athletes signed up.

Session 2A and 2B 6:15 - 7:45 AM Monday-Thursday. Softball and Baseball Session

Session 3A and 3B 7:45 - 9:15 AM Monday-Thursday. High School Females and High School Males (graduated seniors going to play college sports)

Session 4 9:15 - 10:15 AM Mon, Tues, Thurs. **6th, 7th and 8th grade**

***LAST WEEK OF SCHOOL JUNE 3RD - 7TH** - There will be no early session 1, Session 2 - 6:15 - 7:45 AM Baseball/Softball, Session 3A/3B will be 3:30 PM to 5:00 PM, Session 4 will be 5:00 to 6:00 PM. If you will regularly be with session 1 you will go with Session 3 during this week.

***JUNE 10TH/11TH TEACHER IN SERVICE** - We WILL DO SESSION 1 and 2 at regular times. SESSION 3A/3B WILL BE 3:30 PM TO 5:00 PM. SESSION 4 WILL BE 5:00 TO 6:00 PM

JOBS: Many students have summer jobs. Communicate with Coach Stanton please if you will have any scheduling issues. Feedback from last year is that we need an earlier session. We now have that so please take advantage. 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 end results.

CAMPS AND OTHER OBLIGATIONS: We understand that summer is a time where athletes go to camps and sometimes have other obligations. If you are going to miss please COMMUNICATE with Coach Stanton. If there is proper and prior communication you will have an opportunity to make it up.

BASEBALL AND SOFTBALL PLAYERS: The coaches are in full support of this program and expect you to attend. The programs are modified to fit an in season athlete.

SESSION SCHEDULING: Last summer was a great start and we had great attendance. We want to keep the sessions as consistent and organized as possible. If you must attend another session because of something out of your control please communicate and contact Coach Stanton before. Do not attend another session unless it is approved. We know and understand issues will happen but please work to stick to the schedule.

RECORD, RANK AND PUBLISH: Every week we will test our vertical, pro agility, broad jump and 40 yard sprint. We will record everyone's PRs and post them.

THE CAMP IS NOT A CONDITIONING SESSION: We are not trying to do conditioning drills during this camp. This is more about strength and speed development.

GRADUATED SENIORS/ALUMNI WHO ARE PLAYING A COLLEGE SPORT: We would love to start getting some alumni involved and interning with us during the summer camp to help out. Please contact Coach Stanton if interested or know of someone who would be interested.

YOU MUST REGISTER BY MAY 24TH

[HOW TO REGISTER FOR CAMP: CLICK HERE TO SIGN UP](#)