

# Summer Strength Training

## Details:

- From Monday, May 30<sup>th</sup> to August 5<sup>th</sup>
- Monday - Friday
- Training ALL SPORTS and ATHLETES
- Shepherd Weight Room
- Tuesday through Friday 630-730am Grades 8-12 Cumber/Logan
- Monday thru Thursday 300-400pm Grades 4-12 Cumber/Logan
- Monday thru Thursday 415-515pm Grades 8-12 Logan/Hale
- Programs will be tailored to all-sports.
- Cost: \$75 per participant. Payment will not be refunded.
- Pay for two participants and get the third free
- T-Shirts will be offered
- Checks payable to Lucas Logan

## Mission

The goal of this camp is to give the athlete the tools and resources to perform to their best ability in the upcoming sports seasons. This program will also help the athlete stay in the best possible shape to prevent injury. If you have any questions about the program please contact one of the coaches listed below.

## Activities include the following:

- Agilities will include: Jump rope, ladder skill, box jumps, lateral barriers, cone drills, short distance sprints, reaction ball drops, and sled push...etc
- Strength will include: hang clean, squat clean, parallel and box squat, flat bench, overhead press, front squat and dead lift...etc



**Shepherd High School**  
**7842 Shepherd Road**  
**Shepherd, MT 59079**

**Coach Hale**  
rjhale1@yahoo.com

**Coach Cumber**  
k-cumber@shepherd.k12.mt.us

**Coach Logan**  
l-logan@shepherd.k12.mt.us