



Boulder High School Summer Varsity Speed & Strength Camp

Where: Boulder High School

Who: All Varsity Athletes 9th – 12th grades

When: June 22 thru July 22nd

Time: 11:00 am – 12:00 noon MWF

Cost: \$100

The coaching staff at Boulder High School is committed to providing optimal training programs so that all Boulder High athletes have the opportunity to receive the best sports training in Boulder County.

This speed and conditioning camp will be designed to:

- Develop running form/technique in sports movements**
- Increase agility and flexibility in sports movements**
- Increase core and overall body strength**
- Increase linear speed and “change of direction”**

No matter what sport you participate in, this camp will help you to achieve a higher level of performance and success. We will have strength and conditioning trainers, coaches from several sports, and two professional athletes working so athletes get the best training possible throughout the summer. Safety in all activities will be emphasized as well.

If you have any questions please feel free to contact **Jeff Santee** @ **720-323-2758** or email him @ jpsantee@yahoo.com.