

WARRIOR WEIGHT TRAINING

Brent Kiger will be conducting an seven week summer weight training program at Waubonsie Valley High School. He is certified through the NSCA (National Strength & Conditioning Association) as a Certified NSCS (National Strength & Conditioning Specialist). He has been the strength & conditioning coach at the high school and collegiate level for the past 17 years. The program is open to students entering grades 9-12 this fall that attend Waubonsie Valley High School. The emphasis will be on improving strength, power, flexibility, agility, and speed. Waubonsie weight training program is designed to help build better athletes.

Program information:

Location:

- Weight room located at WVHS. Enter through door 26 at west-side of building, come up the stairs to the left as you enter and room is located on the second floor.
- Monday, June 13th – orientation for all freshman and new athletes to program. 7:00 a.m.- 8:00 a.m. No activity, walk through of program.
- Tuesday, June 14th - first day of training thru Thursday, June 16th (1st week)

Days

- Train on Monday, Tuesday, Wednesday, Thursday
- Last day of camp will be Thursday July 28th
- Thursday, July 28th will be used to time 40 yard dash - F/S @ 7:00 a.m. - 8:30 a.m. J/S @ 8:30 a.m.-10:30 a.m.
- No training on Monday, July 4th & Tuesday, July 5th

Times

- Monday through Thursday - Freshman & Sophomores 7:00 a.m. – 8:30 a.m.
- Monday through Thursday - Juniors & Seniors 8:30 a.m. – 10:30 a.m.
- Friday - Make-ups 6:00 – 7:30 a.m.

Cost

- \$60.00 for each athlete
- \$20.00 for each additional family member

Make checks payable to Coach Brent Kiger

Mail to:
Brent Kiger
W.V.H.S.
2590 Rt. 34
Aurora, IL 60504

Clip and send fee

Name: _____ Sport: _____

Address _____ Zip: _____

Phone: _____ Grade: _____ (Fall 2011)