

MIDLOTHIAN PANTHER

# STRENGTH AND CONDITIONING

## Summer Camp 2009

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Speed, Power, Strength, Agility, and Performance Training  
with Athletes Enhancement

- Team Summer Strength and Conditioning
  - 4 Days per Week (Sessions will generally last 1.5-2 Hours)
  - 2 Morning Sessions (So as not to interfere with work or other summer activities)
  - We are aiming for "Perfect" Attendance
- Summer Program Runs June 8<sup>th</sup>- August 6<sup>th</sup>
  - 9 Weeks Training
- Cost is 1 Payment of \$115
  - Due Date will be Monday June 1<sup>st</sup>
- Locations: All sessions will be held on location at Panther Weight Room and Practice Field
- Program Benefits
  - Certified Strength and Conditioning Coach
    - Trained NFL, MLB, and Division 1 Athletes
  - Division 1 Strength Program Organization
  - Emphasis on Strength, Core Training, Conditioning, and Recovery
  - Allows athletes unlimited training time
  - Allows "Football Time" with coaching staff year-round
- All Athletes must sign Release Waiver
- No Refunds or make-ups for missed sessions
- Make all checks payable to "Athletes Enhancement"

Athletes Enhancement  
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