

Summer School 2019

**Advanced Session: 6:00-8:30 AM (Mon-Thurs) 10th-12th Grade Boys**

In order to be in the advanced session, you must have taken Strength & Conditioning during the school year. If you were not in the class and sign up for this session, you will automatically be put into Intermediate Session A.

**Boys Freshmen: 8:30-10:00 AM (Mon,Tue,Thur) 6:00-8:30 AM (Wed) Incoming 9th Grade Boys**

**Girls Fondy Athletics: 8:30-10:00 AM (Mon, Tue, Thur) 9th - 12th Grade Student/Athletes**

**Boys and Girls Youth Session: 10:00-11:00 AM (Tue & Thur) 5th-8th Grade Boys and Girls**

**Boys Fondy Athletics: 11:00-12:30 pm (Mon, Tue, Thur) - 9th-12th Grade Boys Student/Athletes**

**Cheerleaders Session: 11:00-12:30 PM (Mon, Tues, Thur) High School Cheerleaders**

Dates: June 10th-July 18th

Requirements: Workout Attire, Water Bottle

Location: Fond du Lac High School Weight Room

Course Description: *Cardinal Athletic Performance* is a program designed to develop and enhance a student's explosive power and speed. The training philosophy will include a primary makeup of ground-based techniques. Most students participate in standup sports. Therefore, the training is developed to initiate exercises where the feet are on the ground. The goal of ground-based training is to improve an individual's power applied to the ground. Henceforth, during competition a participant's speed and power will be greater on account of the training principles. Several of the ground-based lifts include the squat snatch-squat, single-leg squat, deadlift, romanian deadlift, lunge, good-morning, step-up, box jump, etc. All of these exercises incorporate the necessary recruitment of many muscles and joints. The philosophy is not the isolation of muscles, but incorporation of many muscles. Not only do ground-based lifts train muscles and improve power, but ground-based lifts also improve athleticism. Flexibility, balance, injury-prevention, strength, speed & power are all characteristics that will be improved in *Cardinal Athletic Performance*. Kettlebell training is also implemented in order to coach and foster movements.

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**Cardinal Athletic Performance**

Name: \_\_\_\_\_ Grade (2019-2020 Year): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

*Please circle the session you will be joining:*

**Advanced- (10th-12th Grade)                      Freshmen Boys- (9th Grade Boys)                      Girls Fondy Athletics**

**Boys Fondy Athletics                                      Boys and Girls Youth- (5th-8th Grade)**

**Cheerleaders and Dance Team - (High School)**

**Please return completed forms to Ms. Alicia Schmitz in the main office at Fond du Lac High School**

**\*COMPLETION OF EMERGENCY CONTACT FORM ON BACKSIDE IS REQUIRED\***

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