

Lancer Power Camp Strength, Speed & Conditioning

CAMP CONTACT: ADAM HICKS - Hicksadam@rsdmo.org

WHO: Open to any students in grades 6-12th (grade entering in the fall of 2022).
We will be splitting this into 2 sessions, Early Morning, Late Morning.
Groups may be adjusted due to numbers.

SESSIONS:

SESSION 1: All Incoming 9th-12th Grade GIRLS
All Incoming 9th -12th Grade Football Players
All Incoming 10th-12th Grade BOYS not playing football
*10th-12th Graders not playing football have 2 options but **must select one session***

SESSION 2: All Incoming 9th-12th Grade BOYS not playing football
*10th-12th Graders not playing football have 2 options but **must select one session***
All Incoming 6th-8th Grade Boys & Girls

WHEN: Monday, Tuesday, Wednesday, & Thursday each of the following dates and times:

<u>June</u>	<u>Session 1</u>	<u>Session 2</u>
June 6-9	7:30-10 am	10 am -12 pm
June 13-16	7:30-10 am	10 am -12 pm
June 20-23	7:30-10 am	10 am -12 pm
June 27-30	7:30-10 am	10 am -12 pm

JULY 2-10 *NO CAMP - MSHSAA DEAD WEEK*

<u>July</u>	<u>Session 1</u>	<u>Session 2</u>
July 11-14	7:30-10 am	10 am -12 pm
July 18-21	7:30-10 am	10 am -12 pm
July 25-28	7:30-10 am	10 am -12 pm

WHERE: Lafayette Weight Room, MPR, Stadium and Track (A Rockwood Sponsored Camp)

COST: \$185.00 (\$40 early registration discount) if registered by **May 20th, 2022**
\$225.00 if registered after **May 20th, 2022**.
\$100.00 each additional sibling.

EXPECTATIONS:

Guidelines will be TBD based on Rockwood School District Expectations at that time. Students will screen themselves daily for COVID-19 Symptoms before coming on our campus.

WHAT: Athletes will be divided into 3-4 groups depending on the number of students signed up in each group. They will participate in weight training, speed training, agility drills, and conditioning each day. Safety and Lifting techniques will be taught. This is an intense lifting and conditioning program. Plan on eating a good breakfast and competing against yourself each day.

REGISTRATION & PAYMENT OPTIONS:

Online Form and Credit Card Payment.

*Go to this link and complete: <https://forms.gle/cJKJQhrJC6AVe7kK9>

*Follow instructions on the google form

*Pay on the Rockwood Parent Pay Online (Lafayette Web Page)

* ENTER RECEIPT # FROM PARENT PAY ONLINE TO GOOGLE FORMS

*You can pay with credit card & *No paper or mailing required.

*You may pay CASH as well & deliver it to the Lafayette Activities Office % Adam Hicks

Email Adam Hicks at Hicksadam@rsdmo.org with any questions