



# **Patriot Athletics**

## **Patriot Speed & Power Camp**

### **Strength and conditioning training**

The PATRIOT SPEED & POWER is a 7 week program designed to develop the athleticism of our current and future Patriot athletes!

## Philosophy

We are striving to develop the overall athlete. By developing overall athleticism, the athlete will be better able to compete in their sports and live a healthy lifestyle.

### **Weight Training and Strength Development**

*- Comprehensive program focusing on strength in athletic movements. Teaching proper form and weight room safety*

### **Agility and Speed Improvement**

*- Focusing on fast-twitch muscle development to increase speed, acceleration & quickness*

### **Core/Plyometrics/Conditioning**

*- Balanced routines that develop power, flexibility & endurance through multiple athletic disciplines*

## Who Can Sign Up?

Any current or future Patriot athlete entering grades 9 thru 12 who wants to develop their athletic ability!

\*Athletes will be split into groups based on age/skill level.

## How do I Sign Up?

Fill in the back of this page and return with the sign up fee to the School Store or Joe Rosewell @ Parkway South High School

Have questions? Contact Coach Rosewell: [jrosewell@parkwayschools.net](mailto:jrosewell@parkwayschools.net)

Cost: \$125 (payable to:

Parkway South Strength and Conditioning)

(2nd athlete in a family = \$90, each additional athlete in a family = \$60)

**Dates: (7 weeks)**

**June 4 – July 19**

**Monday–Thursday**

**Times: two classes**

**7:00-8:30**

**8:30-10:00**

**Space is limited so don't wait!**

# Sign Up Now! PATRIOT SPEED & POWER

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Upcoming grade level: \_\_\_\_\_

Sports: \_\_\_\_\_

Athlete's phone#: \_\_\_\_\_

Athlete's email: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent phone #: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Who to reach in case of emergency (contact information):  
\_\_\_\_\_

Health concerns: \_\_\_\_\_

Preferred Time slot (check one) (we will try to accommodate your choice,  
but space is limited)

\_\_\_ 7:00-8:30 (Football players if possible, sign up here)

\_\_\_ 8:30-10:00 (city transportation students must sign up here and take  
a 2nd block summer school class)

\_\_\_ either

T-shirt size: (men's sizes): \_\_\_\_\_

Return this form and payment to:

Joe Rosewell

Parkway South High School

801 Hanna Road

Manchester, MO 63021

**OR**

The School Store during school  
hours.

(make checks payable to Parkway  
South Strength and Conditioning)

## ***Disclaimer and Waiver of Liability:***

This program is athletic training in nature and non-contact by definition. However, it is impossible to avoid all injuries of an athletic nature. Therefore, you as a guardian are being notified of the fact that the possibility of injury does exist. Be assured that our staff will take all necessary precautions to reduce the risk to our athletes. In order for your athlete to participate, you must acknowledge your understanding of the risk factors.

**Parent Signature:**  
\_\_\_\_\_