



2020 Summer Strength & Conditioning



2020 Summer Strength and Conditioning Training

The Coon Rapids High School Summer Strength and Conditioning program offers every Coon Rapids athlete the opportunity to become a better athlete through a sound strength and conditioning program, preparing them for greater success. Our emphasis will be placed on improving overall body strength, agility and team building.

The three goals of our program are:

- *Decrease the chance of injury
- *Give every athlete a greater chance to reach their potential
- *Help increase every athlete's self-confidence and self-esteem.

This summer we are offering 4 different sessions for high school students. Due to the COVID-19 pandemic and abiding by federal health regulations, most of our sessions will be capped at 6 groups of 10 students. The session you sign up for will be your session to attend each day of the summer training. When you arrive you will be placed in a group of 10. That group will be your training group for the entire summer. Session 5 is optional, we will offer the session once the first 4 sessions are filled out. We will practice social distancing within each of our groups and will NOT share any equipment.

(NO REFUNDS AFTER THE START DATE)

WHO: Coon Rapids HS Students entering grades 9-12* in Fall of 2020
*(Students in grades 7 & 8 will be allowed once we know that high school athletes had a chance to register and we know we have sessions open)

WHEN: Summer Session
June 15—August 7 (no sessions July 3-5)

SESSIONS:	Session 1:	M, T, W, TH	8:00AM—8:50 AM
	Session 2:	M, T, W, TH	9:00AM—9:50 AM
	Session 3:	M, T, W, TH	10:00AM—10:50 AM
	Session 4:	M, T, W, TH	11:00AM—11:50 AM
	*Session 5:	M, T, W, TH	12:00PM—12:50 PM

WHERE: Coon Rapids High School, South Practice Fields (by Middle School)

COST: \$80 for the entire summer

Parents will register on FeePay by logging into their lock & key to register for summer weights just like registering for activities during the school year. You must choose one of our available sessions and attend that session every time. Sessions do have a max capacity, when that session is full it will be closed and you will need to register for another session.

Waiver Statement The enrolled participant do for themselves, heirs, executives, and administrators waive and release any and all rights and claims for damages we may have against the Anoka-Hennepin ISD#11, or other district sites for any and all injuries suffered by me or my child while participating on and/or arising from the use of any facilities of the above mentioned school district. By the signature below, we also recognize the contagious nature of COVID-19 and voluntarily assume any risk to which we may be exposed to from said enrollment.

Questions: Contact Nick Rusin (Email) Nicholas.Rusin@AHSchools.us (P) 763-506-7189