



**EASTVIEW 10<sup>th</sup>-12<sup>th</sup> Grade Super Group**

**PROGRAM OBJECTIVES**

Our athletes will:

- Develop Athletic Confidence
- Improve Power & Strength
- Improve Flexibility
- Improve Cardiovascular Endurance
- Increase Explosiveness
- Strengthen Mental Toughness

**GOALS**

The primary goal of EVHS's Strength & Conditioning programs is to improve overall athleticism. In addition, we focus on encouraging teamwork, improving character and making the Eastview Lightning a more athletically competitive school.

**10-12th Grade Super Groups:**

Consists of an organized program including strength training, plyometrics, conditioning & core workouts.

<p><b>10-12<sup>th</sup> Grade Girls' Super Group</b>                  \$150                  June 11<sup>th</sup> thru August 10<sup>th</sup>                  Mon/Wed/Fri                  8:00-9:30am  <b>OFF JULY 1-JULY 7</b></p>	<p><b>10-12<sup>th</sup> Grade Boys' Super Group</b>                  \$150                  June 11<sup>th</sup> thru August 10<sup>th</sup>                  Mon/Tue/Thur  <b>OFF JULY 1-JULY 7</b></p> <p><i>Session start times range from 7:50-9:50                  All registrants must arrive at 7:45 on 6/11/12</i></p>
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**10-12<sup>th</sup> Grade Open Lifting**

\$90  
 June 11<sup>th</sup> thru August 10<sup>th</sup>, 8:00-12:30 Mon-Thur  
**OFF JULY 1-JULY 7**  
 August 13<sup>th</sup> thru August 24<sup>th</sup> times TBD

Open Lifting is designed for:

1. Students who would need to work-out independent from other groups, or
2. Student-athletes who are NOT participating in Eastview's Super Group. This registration is also for athletes who are participating in their sport-exclusive program. Their participation/registration fee must be paid through the weight room, separate from their other camps.

*Please fill out & detach and mail to Eastview Weight Room, c/o Becky Egan, 6400 140<sup>th</sup> St W, Apple Valley, MN 55124*

*One athlete per registration form, please. Registration fee for multiple athletes may be written on same check. CHECKS PAYABLE TO "EASTVIEW HIGH SCHOOL" & "Weight Room" in the memo*

**Athlete Name** \_\_\_\_\_ **Graduating Year 20** \_\_\_\_\_ **Circle: Male Female**

**Email** \_\_\_\_\_ **10<sup>th</sup>-12<sup>th</sup> Gr Student Cell #** \_\_\_\_\_

REQUIRED: Used for registration, reminders, & updates OPTIONAL: Used by coach for consistent unknown absence, updates, reminders, etc.

**Parent/Guardian Name(s)** \_\_\_\_\_ **Phone Contact** \_\_\_\_\_

**T-Shirt Size** S M L XL XXL

**Program** Place an "X" by one

- \_\_\_ 6-8<sup>th</sup> Grade Youth Training
- \_\_\_ 9<sup>th</sup> Grade Super Group
- \_\_\_ 10-12<sup>th</sup> Grade Super Group
- \_\_\_ 10-12<sup>th</sup> Grade Open Lift

**Sports**

- Fall \_\_\_\_\_
- Winter \_\_\_\_\_
- Spring \_\_\_\_\_

**Emergency Contact Information**

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Number \_\_\_\_\_



**EASTVIEW 9th Grade Super Group**

All incoming 9<sup>th</sup> graders, girls & guys, no matter what activities or sports you plan on participating in at Eastview High School, we strongly encourage you to participate!

**Benefits:**

- Getting connected to a variety of teachers, coaches and student-athletes that you will be engaged with throughout high school.
- This is an introduction to the strength & conditioning programs that the athletes will undergo while at Eastview High School.

<b>9th Grade Girls' Super Group</b> \$95 Begins June 13 <sup>th</sup> Wed/Fri 8:30-10:30am <b>OFF JULY 1-JULY 7</b>	<b>9th Grade Boys' Super Group</b> \$95 Begins June 12 <sup>th</sup> Tue/Thurs 10:00-11:30am <b>OFF JULY 1-JULY 7</b>
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**EASTVIEW 6th-8th Grade Speed, Power & Strength Training**

The youth training is designed for both girls & boys interested in increasing their athletic ability. We utilize this program to introduce the younger athletes to the weight room suiting their age & development needs. The focus is on agility training, core strengthening, basic strength training movements, & speed development.

<b>6<sup>th</sup> - 8<sup>th</sup> Grade Youth Training</b> \$85 Begins June 18 <sup>th</sup> Mon/Wed 10:30am-11:45am <b>OFF JULY 1-JULY 7</b>
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One athlete per registration form, please. Registration fee for multiple athletes may be written on same check. CHECKS PAYABLE TO "EASTVIEW HIGH SCHOOL" & "Weight Room" in the memo

**Athlete Name** \_\_\_\_\_ **Graduating Year 20** \_\_\_\_\_ **Circle: Male Female**

**Email** \_\_\_\_\_ **10<sup>th</sup>-12<sup>th</sup> Gr Student Cell #** \_\_\_\_\_  
REQUIRED: Used for registration, reminders, & updates OPTIONAL: Used by coach for consistent unknown absence, updates, reminders, etc.

**Parent/Guardian Name(s)** \_\_\_\_\_ **Phone Contact** \_\_\_\_\_

**T-Shirt Size** S M L XL XXL

**Program** Place an "X" by one  
 \_\_\_ 6-8<sup>th</sup> Grade Youth Training  
 \_\_\_ 9<sup>th</sup> Grade Super Group  
 \_\_\_ 10-12<sup>th</sup> Grade Super Group  
 \_\_\_ 10-12<sup>th</sup> Grade Open Lift

**Sports**  
 Fall \_\_\_\_\_  
 Winter \_\_\_\_\_  
 Spring \_\_\_\_\_

**Emergency Contact Information**  
 Name \_\_\_\_\_  
 Relationship \_\_\_\_\_  
 Number \_\_\_\_\_