

2006 Summer Strength Training and Conditioning Program

Dear Wolverine Athletes,

The Clear Brook coaching community would like to invite you to participate in the summer strength and conditioning program. This program is designed to accommodate all athletic programs at Clear Brook High School. The areas of strength, speed, agility, quickness, flexibility and general conditioning will be addressed. No matter your sport or sports of choice, EVERY athlete will benefit from this program. You may be a beginning high school athlete or a 3 year letterman, either way, YOU WILL BENEFIT.

This is a six-week program that will run for 2 hours per session. There will be two sessions offered (subject to change). The program will be Monday thru Thursday of each week. The cost of the program is \$50.00 per session. **The program will run from June 5th to July 14th.** Knowledgeable coaches from Clear Brook High School will be in charge of the training of the athletes.

There are several benefits to attending a strength/conditioning program such as this. Those benefits include:

- INCREASED STRENGTH
- FASTER TIMES
- GREATER FLEXIBILITY
- INCREASED CONDITIONING
- MORE AGILITY
- GREATER QUICKNESS

You will not find a more extensive and beneficial program at a more reasonable cost. Most programs run for shorter times and much more money!
Do yourself and your team a favor by getting ahead of the competition!!



Return this portion to Coach Garrison at Clear Brook ASAP:
Email: Bgarriso@CCISD.NET

Name _____ Grade _____
Height _____ Weight _____
Parent or Guardian _____
Emergency Contact and Number _____

Circle the session you wish to attend (first come first serve and subject to change)

Session one – 1-3pm

Session two - 3-5pm

MAKE CHECKS PAYABLE TO CLEAR BROOK HIGH SCHOOL.

YOU MUST HAVE A NEW PHYSICAL ON FILE TO PARTICIPATE!!

PHYSICALS WILL BE OFFERED ON MAY 22(12-3 pm) FOR \$25.00 AT CBHS