

Washburn Rural Middle School

# Falcon Fitness Camp 2019

Date: **June 3 — July 25**  
(NO Class on July 1, July 2 and July 4)



**Time: Monday, Tuesday and Thursday**  
(21 sessions)  
**8:30—9:50 a.m.**

Incoming and current middle school students are welcome to attend.  
Mothers and Fathers are welcome to attend and work out with their child.  
**Camp Coaches: Brian Soderberg (MS Football)**  
**Di Roney (MS Volleyball and Track)**  
**Winston Heilman (MS Cross Country and Wrestling)**

**DO YOU WANT TO GET BIGGER, FASTER, STRONGER?** Get out of bed and off the couch and come join the challenge to improve your fitness. Athletes that participate will improve their core strength, speed, flexibility, and explosiveness to be used in all sports. The training will include XFT Speed System (Stanford University) and High Intensity Interval Training. This is **not** a weight lifting camp.

## Highlights

- Athletes will be taught **XFT Speed System**-Xplosive Functional Training.
- Athletes will use H.I.I.T. (**High Intensity Interval Training**) using various items...tires, training sleds, ropes, kettle bells...
- Athletes will improve their **core strength, speed, overall strength, and explosiveness for all sports.**
- Athletes will learn about **healthy habits and diet.**
- Athletes will be given **positive** coaching and reinforcement.



**Contact person: Brian Soderberg**  
**Phone # : 339-4342**  
**email : soderbri@usd437.net**

- ♦ Meet behind WRMS on the lower football field.
- ♦ Come dressed in workout clothes and tennis shoes.
- ♦ Bring a water bottle and towel.
- ♦ In case of bad weather we will hold the workouts in the gym.



I understand that the athlete will be doing strenuous exercise and does the run risk of injury. I give my permission for my son/daughter to participate in the camp.

\_\_\_\_\_ Printed Name of athlete

\_\_\_\_\_ Date

\_\_\_\_\_ Parent/Guardian Signature

\_\_\_\_\_ In case of Emergency Contact Name and Phone #

**Cost: \$3.00 per person per session or \$50.00 per person for the entire camp. Mail to WRMS attn. Brian Soderberg or you may bring payment on the first day of camp. Make checks payable to Auburn-Washburn.**

Payment Received: \_\_\_\_\_