

Washburn Rural Middle School

Flipping For Fitness Camp

Date: **June 2 — July 30**
(NO Class on July 14 and July 16)



Time: **Tuesdays and Thursdays**
(16 sessions)

8:00-9:20-Father and sons

9:30-10:50-Mother and daughters

Incoming and current middle school students are welcome to attend. Mothers are welcome to attend and participate with their daughters. Fathers are welcome to attend and participate with their sons.



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. Students 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 Training. This is **not** a weight lifting camp.

Highlights

- Students will be taught **XFT Speed System-Xplosive Functional Training**
- Students will use H.I.T. (**High Intensity Training**) using various items...tires, training sleds, ropes, kettle bells...
- Students will improve their **core strength, speed, overall strength, and explosiveness for all sports.**
- Students will learn about **healthy habits and diet.**
- Students 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 student will be doing strenuous exercise. 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 \$40.00 per person for the entire camp.

Make checks payable to Auburn-Washburn. Mail payment and form to:

Washburn Rural Middle School
Attn: Brian Soderberg
5620 SW 61st St
Topeka, KS 66619

Payment Received: _____