

# DODGE CITY HIGH SCHOOL

## SUMMER STRENGTH & CONDITIONING

**Summer Strength & Conditioning** is a voluntary summer program taught by certified instructors trained in weight training and conditioning. It is designed to increase an athlete's speed, strength, agility, endurance, and flexibility. Over (300) student-athletes have participated each summer for the past 10 years of this program. The program is offered four times each week beginning **June 5<sup>th</sup>** and concluding on **July 27<sup>th</sup>**.

### **Dodge City High School Sessions:**

#### **Session #1 – RED DEMON FOOTBALL, only (grades 9-12 next fall)**

Session begins at 6am and concludes at 8am; with individual workouts from 8-9a.

#### **Session #2 – RED DEMON BASKETBALL/VOLLEYBALL/SOCCER, only (grades 9-12 next fall)**

Session begins at 8 am and concludes at 10am;

Individual workouts for GBB/VB will from 7-8a.

Individual workouts for BBB/SOC will be from 10-11a.

#### **Session #3 – OPEN SESSION (grades 9-12 next fall)**

Session begins at 10am and concludes at Noon

#### **Middle School Sessions – located at DCMS / CMS (grades 6-8 next fall)**

Please use middle school registration forms available from individual middle schools.

**Summer Dates: May 30 – August 11, 2023** [Last Day of School – May 25; First Day of Fall Sports – August 14]

*Week 0 (beginning May 30): Spring Sports [only] allowed to have activities; PGU CAMP*

Week 1 (beginning June 5) S&C #1 Girls Basketball Team Camp

Week 2 (beginning June 12) S&C #2 Boys Basketball Team Camp

Week 3 (beginning June 19) S&C #3 Boys & Girls Wrestling Team Camp

Week 4 (beginning June 26) S&C #4 DCHS Drill Team Camp

*Week 5 (beginning July 3): Summer Moratorium – NO ACTIVITIES*

Week 6 (beginning July 10) S&C #5 Fall Sports Camps (MS & HS)

Week 7 (beginning July 17) S&C #6 **No Team Camps allowed (end of MS S&C)**

Week 8 (beginning July 24) S&C #7 Voluntary WO's; DCHS Band Camp – Week #1

*Week 9 (beginning July 31): DC Days – voluntary workouts; Band Camp – Week #2*

Week 10 (beginning August 7) S&C #8 Pre-season conditioning for [7-12]

Week 11 (beginning August 14) **Start of Fall Practices**

**Why participate?** The strength and conditioning program is designed to maximize genetic potential. Participants gain strength, speed, and power as well as functional technique in all Olympic and power movements in the weight room. If you want to give your son or daughter the opportunity to become the physically best they can be, get them involved in this program.

**How do I register?** Complete the registration form on the back and deliver to the DCHS Athletic Office on the first day of attendance – June 5th. **No pre-registration is needed, just bring this form on the first day! Physical forms will also be handed out at this time. Physicals will be only accepted in the Athletic Office and students are encouraged to return them as soon as possible. A current physical form is not mandatory for summer s&c, but MUST be turned in to participate in TEAM CAMPS and no later than August 14.**

SUMMER STRENGTH & CONDITIONING  
REGISTRATION FORM

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

**GRADE:** 9 10 11 12 **GENDER:** MALE / FEMALE **T-SHIRT:** Youth L Adult S M L XL 2XL

PARENT / GUARDIAN CONTACT NAME: \_\_\_\_\_

PARENT / GUARDIAN CONTACT PHONE #: \_\_\_\_\_

PARENT / GUARDIAN EMAIL: \_\_\_\_\_

I hereby grant permission for my child, \_\_\_\_\_, to participate in Strength & Conditioning. My child has not suffered any illnesses in the past that would make participation in the camp a risk. I further agree to release from any liability, the USD 443 Summer Strength & Conditioning Camp, its staff, Dodge City High School, and U.S.D. 443 for any injury or illness to my child. I further authorize the camp staff to act for me in case of any medical emergency because of injury or illness to my child. I acknowledge that I am aware that participation in this camp requires physical activities of a nature which could result in injury to participants notwithstanding the absence of fault on the part of the camp, its staff, Dodge City High School, and U.S.D. 443. The camp staff has explained to me the particular activities to my satisfaction and I am hereby authorizing my child to participate in these activities.

\_\_\_\_\_  
Signature of parent / guardian

\_\_\_\_\_  
Date