

## DAILY SCHEDULE

- A. GROUP MEETING
- B. DYNAMIC WARM-UP ON TURF
- C. FIELD TRAINING
  - 1. ACCELERATION/SPEED
  - 2. AGILITY/ CHANGE OF DIRECTION
  - 3. CONDITIONING
  - 4. TEAM COMPETITION
- D. GROUP COOL DOWN
- E. WEIGHT ROOM WORKOUT
  - 1. CORRECTIVE EXERCISES
  - 2. FOUNDATIONAL MOVEMENT
  - 3. FUNCTIONAL AUXILIARY LIFTS



## INSTRUCTIONAL TOPICS

COMPONENTS OF FITNESS, FUEL INTAKE, ENERGY SOURCES, TRAINING RECOVERY & REST, AEROBIC VS. ANAEROBIC SYSTEMS, BIOMECHANICS, & LIFESTYLE HABITS



2<sup>ND</sup> ANNUAL  
**TIGER**  
SPEED,  
STRENGTH,  
&  
CONDITIONING  
CAMP

**JULY 5<sup>TH</sup> – AUGUST 10<sup>TH</sup>**

**OPEN TO  
ALL INCOMING 8<sup>TH</sup>-12<sup>TH</sup> GRADERS**

**MONDAYS, TUESDAYS, THURSDAYS**  
*WEDNESDAY, THURSDAY, FRIDAY  
(DURING WEEK OF JULY 5<sup>TH</sup>-7<sup>TH</sup>)*

**GRADE 10-12 BOY/GIRL\* 7AM-9AM**  
**GRADE 10-12 BOYS 8AM-10AM**  
**GRADE 8-12 GIRLS 9AM-11AM**  
**GRADE 8-9 BOYS 10AM-NOON**

*\*7-9AM SESSION LIMITED TO ATHLETES  
W/TIME CONFLICTS ONLY \**

# CAMP PHILOSOPHY

THIS SUMMER MARKS THE SECOND ANNUAL TIGER SPEED STRENGTH & CONDITIONING CAMP. OUR CAMP GOAL IS FOR TAUNTON HIGH SCHOOL STUDENT-ATHLETES TO INCREASE ON-FIELD PERFORMANCE, DECREASE RISK OF INJURY AND PROMOTE TEAM BUILDING THROUGH DAILY SPEED, FOOTWORK, STRENGTH TRAINING AND CONDITIONING EXERCISES. THE CAMP IS TAILORED AROUND SELECT CORE EXERCISES UNIVERSALLY BENEFICIAL FOR ALL ATHLETES AND BRANCHES OFF INTO FALL SPORT-SPECIFIC SUPPLEMENTAL CONDITIONING. CAMPERS WILL ALSO BE EDUCATED ON HELPFUL NUTRITIONAL AND LIFESTYLE HABITS TO ENCOURAGE OVERALL WELLNESS. ATHLETES WILL BE INSTRUCTED AND SUPERVISED BY QUALIFIED STAFF AT ALL TIMES.



# CAMP DETAILS

STUDENT-ATHLETES WILL BE USING TAUNTON HIGH SCHOOL FACILITIES WHICH INCLUDE, BUT ARE NOT LIMITED TO THE WEIGHT ROOM, FIELD HOUSE, TRACK, AND ATHLETIC FIELDS.

**REGISTRATION:**  
*\$50 BY JUNE 9<sup>TH</sup>*

*\*IF STUDENTS ATTEND OVER 90% OF SESSIONS, THE \$50 CAMP FEE WILL BE APPLIED TOWARDS THE 2016-2017 SCHOOL YEAR ATHLETIC USER FEE.*

*\*FEE WAIVED IF STUDENT/ATHLETE QUALIFIES FOR FREE AND/OR REDUCED LUNCH.*

*ENROLLMENT IS LIMITED TO 50 CAMPERS PER SESSION AND SLOTS ARE EXPECTED TO FILL FAST, PLEASE SIGN UP SOON!*

## WHAT TO BRING?

- PROPER ATHLETIC ATTIRE (SHORTS, GYM SHOES, T-SHIRT, CLEATS) AND POST-WORKOUT SNACK. WATER, RESTROOMS AND LOCKER ROOMS WILL BE MADE AVAILABLE TO CAMPERS DAILY.
- ALL CAMPERS ARE ENCOURAGED TO BRING A COMBINATION LOCK TO SECURE BELONGINGS.
- NO PERSONAL ITEMS WILL BE PERMITTED IN THE WEIGHT ROOM!

## QUESTIONS/CONCERNS

CONTACT:  
MARK MASTERSON  
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(508) 821 - 1101 EXT. 76105

# REGISTRATION FORM

(PLEASE PRINT)

NAME \_\_\_\_\_

GRADE ENTERING \_\_\_\_\_ FALL SPORT \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PARENT/GUARDIAN \_\_\_\_\_

HOME/CELL PHONE:(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

EMAIL \_\_\_\_\_

SHIRT SIZE (ADULT)

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

Please clip ✂ and return registration with checks payable to:  
**Taunton High School Athletics**

## PARENT RELEASE & CONSENT FORM

I, \_\_\_\_\_, the undersigned Father/Mother/Guardian of \_\_\_\_\_ do hereby consent to his/her participation in voluntary athletic programs and do forever RELEASE, acquit, discharge and covenant to hold harmless the City of Taunton, the Taunton School District, Taunton High School and any employees or agents of said City, District, and High School from any and all actions, causes of action and claims on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter as the parent/guardian of said minor, and also all claims or right of action for damages which said minor has or hereafter may acquire, either before or after he/she has reached his/her age of majority resulting from his/her participation in the Taunton Public Schools Physical Education Department's Athletic Program.

I have read the above statement and agree to its terms.

\_\_\_\_\_  
(Parent/Guardians Signature)

\_\_\_\_\_  
(Date)