

# Coronado Cougars 2022 Summer Speed Camp

The summer speed, weights, and conditioning program at Coronado High School is designed to maximize the athletic ability of every participating athlete - focusing on running technique, speed development, flexibility, strength and conditioning. It is based on 2 core lifts per day that stress multiple-joint explosive power and 2-3 auxiliary lifts ("Stack Sets") that are sport-specific for each athlete. It is open to anyone currently in the Coronado High School enrollment area. Due to District 11 policy and safety reasons, we are inviting only those students who will be entering the 9<sup>th</sup> through 12<sup>th</sup> grades next year. This will allow the strength and speed coaches to give the most individualized instructions to all lifters.

- **REGISTRATION Due FRIDAY, MAY 20<sup>th</sup>**
- **Location: Coronado Weight Room & Practice Fields**
- **Meet in the location of where your session starts (Weight Training-Down Stairs of Gym/Speed/Agility- Track)**
- **COST IS \$50** this year for Summer Speed Camp
- **Cost covers a t-shirt and use of the weight facility, field use, and gym use.**

## **The weight room rules and regulations are as follows:**

*Anyone tardy will not be able to make-up what they miss*

*Proper school-colored attire will be worn at all times in the weight room*

*No hats, bracelets, watches or accessories will be allowed in the weight room*

*No horseplay will be tolerated*

*Everyone, each session, will participate the entire session*

## **2022 Summer Schedule**

- This camp will last for 8 weeks, beginning Monday, May 30<sup>th</sup> through July 28<sup>th</sup>, running Monday's - Thursday's.
- Camper's will do a sprint work out and then lift using NSCA programming workouts Monday thru Thursday.
- Coaches reserve the right to remove any athlete from any session that does not display the Coronado Standards of excellence.
- Athletes that are removed for not meeting the standard will not receive a refund.

**Contact Information:**  
Monte Gutowski,  
Head Football Coach  
Head Track & Field Coach  
(719) 328-4071  
Monte.gutowski@d11.org

## **Daily Schedule**

**\*Morning Session\***  
(6:30 AM - 9:15 AM)  
ALL FOOTBALL PLAYERS

**6:30 AM-** JV/Varsity Lifting & Freshman Speed/Agility work on field/track work  
**7:30 AM-** Freshman Lifting & JV/Varsity Speed/Agility on the track  
**8:30 AM-** Skills & drills after lifting or running until 9:15am on practice fields Facility  
**9:30 AM-** Open to All Female Athletes  
**10:30 AM-** Open to all Male athletes (Not playing Football).

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## 9<sup>th</sup> - 12<sup>th</sup> Graders in the Fall of 2022

Any student attending Coronado High School in the 2022-23 is eligible for participation in the eight-week program. Varsity athletes are expected to attend every day speed camp is open. You must fill out the attached form and return it with your check to the office at Coronado High School. You are to attend the session that is designated for your sport.

Anyone showing up late for a session will not be allowed to make up what they missed during that session. All session participants will wear exercise clothing that contains the school colors (school colors are scarlet, gold, white, grey and any clothing with a Coronado High School logo or wording will also be accepted). Anyone not wearing school colors or logos will be asked to leave that session. Our weight room is a source of pride for our school community and the participants will set the atmosphere for our group success. It begins with commitment; through hard work, we build pride! Be sure to bring Cleats and your own water bottle!

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## Coronado Cougars Summer Speed Camp Sign-up Form

Name (Print): \_\_\_\_\_ Fall Grade: \_\_\_\_ Sport(s): \_\_\_\_\_

Address \_\_\_\_\_  
Telephone \_\_\_\_\_

Dr. Name:/Phone \_\_\_\_\_

Email Address (for confirmation of registration) \_\_\_\_\_

Parent Name (Please Print): \_\_\_\_\_

Parent Signature \_\_\_\_\_

**To ensure a spot, turn in registration form to CHS by Friday, May 20<sup>th</sup>, 2022!**