

Youth Sports Performance Camp

7 Week Camps

PHILOSOPHY

This is a **60 minute** Sports Performance Class which teaches proper weight lifting techniques & basic lifts for their ages. Athletes will learn foot coordination skills; agility (multi-directional) & linear movements (speed/acceleration). The focus will be **strength training & speed development**. The class will also implement core strengthening & plyometrics: (jumping, hopping, and sport specific agility movements). Games will be incorporated during each session focusing on skills learned each day.

WHY THIS IS FOR SON/DAUGHTER

You will improve over all fitness & enhance your performance for your specific sport by increasing: Strength, Speed, and Agility. This is also for athletes looking to learn how to lift weights properly and work on running form taught by a **Certified Strength and Conditioning coach**.

WHAT TO BRING

Proper footwear (Cross-Trainer shoes are the best), **Water Bottle** (Make sure to drink plenty of water throughout the day: 100 oz. /day), Clothing (wear loose clothing that is a breathable material and light in color). If there is inclement weather, we will host the camp at Cutting Edge Fitness. Please check social media for any updates each day based on weather. Follow us on Twitter and Facebook for updates on camp.

1	1 sessions per week	\$70*
2	2 sessions per week	\$105*
3	3 sessions per week	\$130*
4	4 sessions per week	\$140*

*Price is for 7 weeks

MASTER COACH

Jason Laube has a Master's of Education in Exercise Physiology & Nutrition from the University of Minnesota & brings 23 years of coaching experience. He has worked with some of the best athletes in the: NFL (Kansas City Chiefs); NFL Europe (Amsterdam Admirals: 2005 World Bowl XIII Champions); University of Minnesota Golden Gophers as the Assistant Director of Strength and Conditioning -Football; Minnesota Twins (Joe Mauer/Justin Morneau); two WNBA Basketball Players; Olympic Athletes/NFL Athletes (Velocity Sports Performance-Missouri City, Texas), and all 12 varsity sports at (University of Wisconsin-River Falls). Jason also coached two years at the University of Wisconsin-River Falls as the Assistant Outside Linebacker/Strong Safety coach. Jason currently is the Owner/Sports Performance Director of CEF and Director of Strength and Conditioning at Waldorf University. We have sent 42 athletes DI out of our facility since 2007!

Ages: Boys and Girls: 7 - 14 years old

Dates: Monday - Thursdays June 3rd - July 18th @ 9 am

*Camp will end around 10:10 AM / No camp on July 4th or 5th

Place: ORC Fields 12th Ave S. Clear Lake, IA 50428

Registration Deadline: Thursday, May 30th

Name of Athlete:	
Emergency contact:	
Number of sessions/week *Specify Days:	
E-mail:	
Phone:	M or F Shirt Size:

*NOTE: Please specify if it is a Youth vs. Adult size

E-mail completed forms to Jason Laube at j_02_laube@hotmail.com

641-357-5515

Get Fit TODAY, talk with a Coach

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