

2019 QV Soccer Summer Strength and Conditioning Program:

Offered For: Incoming 9th through 12th grade QV student athletes who are planning on playing JV or Varsity boys/ girls soccer during the fall of 2019.

Goals:

1. Reduce Risk of Injury
2. Improve/ correct muscle imbalances and movement dysfunctions
3. Increase Strength, Speed, Agility, Quickness, Power, dynamic Stability, Dynamic and static ROM, and cardiovascular conditioning
4. Individualized progression in a fun and competitive team environment
5. Complete fitness test first attempt.

When: Wednesday June 12th through Thursday August 8th

Monday, Wednesday & Thursday

Dates:	Monday	Wednesday	Thursday
June		12	13
	17	19	20
	<u>June 24-27 OFF WEEK</u>		
July	1	3	OFF
	8	10	11
	15	17	18
	22	24	25
	29	31	
August			1
	5	7	8

Free physicals with Greater Pittsburgh Orthopedics and Greater Pittsburgh Physical Therapy have not been scheduled at this point in time. Please check the QV athletic website under the Physicals tab for date, time and sign up information. The physicals are typically the first week of June and the sign up information is usually on the website by the first couple weeks of May.

The week of June 24th through the 27th is our off week this year. I will be attending my national conference and taking a short vacation.

Thursday July 4th we are off

Time: 10:00am to 12:00pm

Cost: **Option 1:** 12 or fewer sessions \$240.00. **Option 2:** Base price of 240.00 plus 20.00 per session over 12. For example: 17 sessions would be \$340 (\$240 for the base 12 sessions plus 5 extra sessions x 20\$ = 100\$.)

Where: Quaker Valley High School. We will use the weight room and soccer field.

Where to meet: We will meet in the high school weight room each day and finish on the soccer field weather permitting.

What to bring: Soccer cleats, running shoes and a water bottle. I will have a cooler out to refill your bottle as needed.

Weather: We will workout everyday that it is scheduled for. As long as there is not thunder and lightning we will run on the field. If there is thunder and lightning we will either spend the time in the weight room or do the running portion in the gym (if available) or in the hallways.

Physical: Because this is a very physically intense program I would like for your son/daughter to have their 2019-20 school year athletic physical completed and turned in before the program starts on the 12th. There are free athletic physicals that are offered by Greater Pittsburgh Physical Therapy and Greater Pittsburgh Orthopedic Associates that are not yet scheduled. Please check the QV athletic website in May for the date and time. If you have a yearly appointment already scheduled with your son's/ daughter's doctor please e-mail or call Derek to discuss. **PIAA RULES STATE THAT PHYSICALS FOR THE 2019-20 SCHOOL YEAR MUST BE DONE ON OR AFTER JUNE 1st 2019.**

Consent for Medical/ Surgical Treatment Form: This form is probably familiar to you. This form is needed in the event that your son/ daughter gets injured during camp and needs medical attention. By filling out this form it allows me to be able to get your son/ daughter the medical treatment he/ she needs even if you can not be reached.

What do you need to do to register:

1. Email Derek that your son/ daughter will be involved in the program and which participation level they will be signing up for.
2. Fill out the registration form
3. Fill out the medical release form
4. Your son or daughter may then bring the forms and cash (Preferred) or check on the first day of the program or you may mail the forms and a check to the address below.

If you have any questions about the program please contact Derek at:

Cell: 402-540-4857

Email: dclark09@hotmail.com or clarkd@qvsd.org

Derek Clark

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McKees Rock, PA 15136