

2019 Grizz Athletic Performance Summer Strength and Conditioning Program:

Who is it for: QV student athletes entering 9th through 12th grade for the 2019-2020 school year.

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.
4. Individualized sport, age and experience level progressions
5. Improve recovery strategies through proper diet, hydration, sleep and soft tissue work

When: Wednesday June 12th through Thursday August 8th

Monday, Wednesday & Thursday

Dates:	Monday	Wednesday	Thursday
June		12	13
	17	19	20
<u>June 24-28 IS OUR OFF WEEK!!!</u>			
July	1	3	<u>OFF</u>
	8	10	11
	15	17	18
	22	24	25
	29	31	
August			1
	5	7	8

Athletic physicals through Greater Pittsburgh Orthopedics and Greater Pittsburgh Physical Therapy have not been scheduled at this point. Please check the QV athletic website in May for information on date, time and sign up instructions.

The week of June 24th through the 28th is our off week. I will be attending my national conference and taking a short vacation

We are off on July 4th also.

Time: 12:00pm to 2:00pm

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 gymnasium.

Where to meet: Each day we will meet in the high school weight room.

What to bring: Workout clothes, athletic shoes and a water bottle.

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 the near future for 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 level of participation they will be involved in.
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 (made out to Derek Clark) 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 Rocks, PA 15136