

2025 Aquinas Youth Weight Training & Athletic Development

Online Registration

See the PDF of the registration for camp details



venmo

Please Venmo \$75 fee
or mail a check to Aquinas



[Click HERE to
complete online
registration via
Google Form](#)

**Aquinas Youth
Weight Training
&
Athletic Development**

Application and Consent Form

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Phone 1: _____

Phone 2: _____

Grade for 25-26 School Year: _____

Amount Enclosed: _____

Please complete a separate form for each participant for our record keeping. A single check for payment is acceptable.

Registration Fee: \$75/athlete

MAKE CHECKS PAYABLE TO:

Blugold Football Camp

ATTN: Tom Lee

315 South 11th Street

La Crosse, WI 54601

This applicant has my consent and approval to participate in the Passing League. Aquinas, Coach Lee, and the coaching staff will not be held responsible for any injuries that may occur.

Parent/Guardian Signature

Date



**Speed
Agility
Body Awareness
Strength
Injury Prevention**



Aquinas Summer Youth Athletic Development



For Aquinas
Catholic Schools
students going into
2nd-7th grades

Program Philosophy

What this program is NOT

We are **not** training bodybuilders
We are **not** power lifters
We will **not** be doing sport-specific training

What this program IS

This is an introductory and developmental program designed to teach foundational elements of training. *It is a great opportunity for young athletes to start training at AQUINAS* and become familiar with sports training.

The program is designed by **Coach Eddie Hodges**, a certified strength & conditioning coach who is employed by Aquinas, and will be implemented by **Coach Lee**, the head football coach at Aquinas who has over 25 years of supervising and coordinating summer and in-season training programs at Aquinas.

The program is set up to be

fun and **engaging**

while being geared toward skill development

Questions? Contact Coach Lee:

thomas.lee@aquinasschools.org

What should participants bring?

- Athletes should dress in athletic shorts & t-shirts.
- Optimal footwear for our training is a pair of gym shoes that can be laced up for the running, jumping and lifting we will be doing.
- An individual water bottle.

All participants are required to provide their own health insurance

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	★	4	★	6	7
8	9	★	11	★	13	14
15	16	★	18	★	20	21
22	23	★	25	★	27	28
29	30					

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		★	2	★	4	5
6	7	★	9	★	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Aquinas Gym & Weight Room

8:00-9:30am

FAQs

What are the benefits of strength training for kids this age?

Research shows that a well-designed program can:

- Improve overall fitness
- Burn calories to increase lean body mass (burn fat)
- Help build strong muscles
- Make bones stronger
- Improve mental health
- Create a foundation for future training
- Improve sport performance

Should girls participate in this program?

ABSOLUTELY! This program is designed for all young athletes. Girls benefit tremendously from strength training.

What will a typical session look like?

There will usually be a warm-up activity or game, followed by a dynamic movement progression to get the body prepared for training. We will also incorporate running, jumping, throwing med balls, lifting free weights, body weight drills and band exercises on a regular basis.

Summer 2025

Speed & Strength Schedule

ALL SESSIONS WILL BE AT AQUINAS HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday-Sunday
High School Boys w/Coach Eddie & Three Rivers (entering grades 9-12) 6:00-7:15 am <i>no fee</i>	High School Boys w/Coach Eddie & Three Rivers (entering grades 9-12) 6:00-7:15 am <i>no fee</i>	High School Boys w/Coach Eddie & Three Rivers (entering grades 9-12) 6:00-7:15 am <i>no fee</i>	High School Boys w/Coach Eddie & Three Rivers (entering grades 9-12) 6:00-7:15 am <i>no fee</i>	RECOVERY No Training
High School & Middle School Girls w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8, 9-12) 7:00-8:15 am <i>no fee</i>	High School & Middle School Girls w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8, 9-12) 7:00-8:15 am <i>no fee</i>	High School & Middle School Girls w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8, 9-12) 7:00-8:15 am <i>no fee</i>	High School & Middle School Girls w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8, 9-12) 7:00-8:15 am <i>no fee</i>	
Middle School Boys w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8) 8:00-9:15 am <i>no fee</i>	Middle School Boys w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8) 8:00-9:15 am <i>no fee</i>	Middle School Boys w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8) 8:00-9:15 am <i>no fee</i>	Middle School Boys w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8) 8:00-9:15 am <i>no fee</i>	
	Youth Weight Training & Athletic Development with Coach Lee (entering grades 2-7*) 8:00-9:30 am NOTE: This session has a fee & requires registration registration link here		Youth Weight Training & Athletic Development with Coach Lee (entering grades 2-7*) 8:00-9:30 am NOTE: This session has a fee & requires registration registration link here	

***6th & *7th Grade-** We are piloting Middle School sessions this summer. Incoming 6th & 7th grade students have the option to join the 4-days per week sessions run by Coach Eddie & the Three Rivers Performance staff, or they can join the younger athletes on Tuesdays & Thursdays in the weight room.