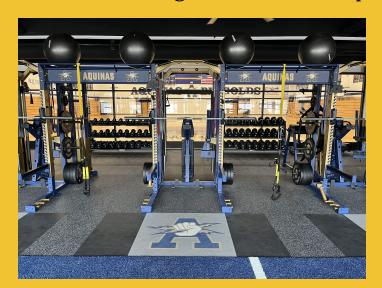
# 2025 Aquinas Youth Weight Training & Athletic Development

**Online Registration** 

See the PDF of the registration for camp details



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 ou record keeping. A single check for payment is acceptable.
Registration Fee: \$75/athlete

### 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 <u>not</u> training bodybuilders We are <u>not</u> power lifters We will <u>not</u> 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	$\Rightarrow$	4	$\stackrel{\longleftarrow}{\sim}$	6	7
8	9	**	11	$\stackrel{\wedge}{\sim}$	13	14
15	16	$\stackrel{\wedge}{\sim}$	18	$\Rightarrow$	20	21
22	23	<b>₹</b>	25	***	27	28
29	30					

### July 2025

laminy	Morelay	Tuesday	Victorality	Trumbe	Aske	Selunday
			2	*	4	5
6	7	$\Rightarrow$	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



# 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 no fee	High School Boys w/Coach Eddie & Three Rivers (entering grades 9-12) 6:00-7:15 am no fee	High School Boys w/Coach Eddie & Three Rivers (entering grades 9-12) 6:00-7:15 am no fee	High School Boys w/Coach Eddie & Three Rivers (entering grades 9-12) 6:00-7:15 am no fee	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 no fee	High School & Middle School Girls w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8,9-12) 7:00-8:15 am no fee	High School & Middle School Girls w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8,9-12) 7:00-8:15 am no fee	High School & Middle School Girls w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8,9-12) 7:00-8:15 am no fee	0
Middle School Boys w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8) 8:00-9:15 am no fee	Middle School Boys w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8) 8:00-9:15 am no fee	Middle School Boys w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8) 8:00-9:15 am no fee	Middle School Boys w/Coach Eddie & Three Rivers (entering grades 6*,7*& 8) 8:00-9:15 am no fee	
	Youth Weight Training & Athletic Development with Coach Lee (entering grades 2-7*) 8:00-9:30 am		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		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.