

**Aquinas Youth
Weight Training
&
Athletic Development**

Application and Consent Form

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Phone 1: _____

Phone 2: _____

Grade for 24-25 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 20 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 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	★18	19	★20	21	22
23	24	★25	26	★27	28	29
30						

JULY 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
		★1	2	3	4	5
6	7	★8	9	★10	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.