

AQUINAS YOUTH WEIGHT TRAINING

Application & Consent Form

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____

Cell Phone _____

Grade for 21-22 School Year _____

Amount Enclosed _____

Registration Fee: \$75/athlete

(please complete a separate form for each player for our record keeping)

MAKE CHECKS PAYABLE TO:

Blugold Football Camp

ATTN: Tom Lee

315 11th Street South

La Crosse, WI 54601

This applicant has my consent and approval to participate in the Summer Training sessions. Aquinas, Coach Hodges, Coach Lee, and any other members 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**

**JUNE 2 – JULY 14
Every Tuesday & Thursday**

**8:00-9:30am
Aquinas Gym and Weight Room**

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 coordinating in-season and summer 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
- Any masks that may be required.

All participants are required to provide their own health insurance

8:00-9:30 am

JUNE 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
				1 Begin June 2	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 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 End July 14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Aquinas Gym & Weight Room

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.

Won't this cause my child to become stiff and bulky?

No. The program includes flexibility and movement training. There will be a focus on using proper lifting form at light weights.

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.