WHO: Male and Female Youth Ages 10-18

WHERE: MTSU Football Practice Fields and MTSU Weight Room

WHEN: Tuesday nights @ 5:30

June (4th,11th,18th,25th)

July (9th,16th,23th,30th)

COST: **$25** per day

**** Fees can be paid in full in advance, or in person on the first day.***

MTSU
Box 77
Murfreesboro, TN
37132

Phone (615) 904-8196
Fax (615) 898-2777
www.goblueraiders.com

MT Strength & Speed Camp

Pursue Excellence Every Day.

Train with a Purpose.

There are no Shortcuts to Anywhere Worth Going.

Practice Until You Master the Fundamentals.

Being a Champion is an All the Time Thing.

THIS CAMP WILL FOCUS ON:

1. Dynamic Warm-ups
2. Plyometrics
3. Speed
4. Agility
5. Strength Development
6. Work Capacity
7. Conditioning
8. Technique
9. Stretching
10. Recovery

This camp's primary focus is on the correct implementation of the 10 aspects of training stated above. The Strength and Conditioning staff is dedicated in educating young people in how to train their body.

THE STRENGTH STAFF:

Matt Riley, MSCC- Assistant AD/ Director of Strength and Conditioning, Head Strength Coach for Women's Basketball and Baseball.

Jason Spray, MS, CSCS, SCCC- Head Football Strength Coach.

Mark Moore, MS, CSCS, SCCC- Head Strength Coach for Men's Basketball, Assistant Strength Coach with Football.

Jason Vest, MS, SCCC, NG360, CTPS- Head Strength Coach for Men's and Women's Golf, Men's and Women's Tennis, Assistant Strength Coach with Football.

Bethany Gainey, MS, CSCS- Head Strength Coach for Volleyball, Soccer, and Softball

Scott Millsaps, SCCC, USAW- Assistant Strength Coach with Football and Baseball.

The Strength and Conditioning staff at MT train all Blue Raider athletes.

WHAT TO BRING:

Come prepared to train. Wear athletics shorts and shirt with tennis shoes, cleats are optional.

Registration

Name_____

Address_____

Home Phone_____

School_____

Email_____

Age_____ Grade_____

Check Appropriate Box:

☐ June Session (4th,11th,18th,25th)

☐ July Session (9th,16th,23th,30th)

***Circle individual date(s) desired if not attending whole sessions.**

For more information, call Matt Riley at (615) 904-8196