



CROWN POINT HIGH SCHOOL

Athletic Development Program

Boys & Girls

Grades 5-8

Monday – Friday

5:00 – 6:00 p.m.

November, December, January

1st Workout – Monday, November 2nd

- Athletes may attend every day per week depending on other activities / motivation
- Enter CPHS at Entrance W-1 (Wellness Center)
- Athletes should report to the Field house
- Attire: T-Shirt, shorts, athletic footwear
- Rides pick-up in the Blue Lot (west of the pool)
- Cost: \$40 – Bring check on the day of 1st workout
- Make checks payable to: **Crown Point Athletic Development Camp**

Program Outline

The program will be run by CPHS Athletic Development Coach, Mark Garrett. Coach Garrett is a member of the National Strength and Conditioning Association and also holds a Level III (Regional Coach) certification from USA Weightlifting (Olympic program). Athletes will work on the ABC's of athletics: agility, balance, coordination, and speed. Weight lifting will only occur when the athletes have demonstrated the ability to handle their own body weight. Instruction will focus on proper running mechanics, plyometrics, agility training, rudimentary gymnastics, core strengthening, and flexibility. The purpose of the program is to assist young athletes maximize their potential while preparing them for higher level training in the future.