

# Elk Rapids Summer *Speed* and Strength Camp



**Who:** All male and female Elk Rapids student-athletes entering grades 7 through 12. Coaches Tyler Wilson and Tim Nance are the coordinators of this program. Coaches from various ERHS athletic programs will assist them.

**What:** ER Speed and Strength development camp using TeamBuildr training app and proven techniques to develop athletes.

**Where:** ERHS Weight Room and gymnasium.

**When:** June 12th through July 28th (No workouts the week of July 3rd)

- Monday, Wednesday, and Friday
  - Session 1: 7th-8th: 8:00 am to 9:00 am
  - Session 2: 9th-12th: 8:30 to 9:30
  - Session 3: 7th-12th: 5:30 to 6:30 pm (Coach Nate Butte)

**Why:** To develop athletes using proven techniques and programs to maximize athletic performance and minimize risk of injury. Our goal is to get every student athlete using the same program to develop better athletes for all sports. We want to simplify and enhance the process for our athletes. Instead of having different workouts for different sports, we will be developing athletes for every sport and work together to maximize each athlete's strength and speed.

**How:** Each workout will be planned as part of the 6 week program to increase speed, flexibility, and strength. Workouts will be created and shared using the TeamBuildr app. Each student-athlete taking part in the program will receive access to the app.

**Cost: \$35(\$50 family rate for 2 or more).** This includes access to the TeamBuilder app, the 6 weeks of training, and a Elk Rapids Speed and Strength Training t-shirt. Pay online at GoFan.com. A portion of the proceeds will go to Elk Rapids Athletics  
**Registration:** [Click Here To Register](#) or you can registe

\*\*Athletes do not have to attend every session to take part in the program.