



# ELDER HIGH SCHOOL STRENGTH & CONDITIONING CAMP

## Strength & Conditioning Camp (for all sports / incoming freshmen)

- Shed defenders with increases in your strength
- Elude defenders with lightning fast agility and quickness
- Develop breakaway speed and acceleration
- Increase explosiveness and power
- Most importantly- develop healthy nutrition and exercise habits that will last a lifetime

Head Strength and Conditioning Coach, Adam Rankin, and his staff will direct the Elder Strength & Conditioning Camp. The camp will offer instruction in strength training, conditioning, and nutrition for any incoming freshman (**athlete or non-athlete**) that will be attending Elder High School in the fall of 2018.

Each day, students will learn strength and conditioning techniques designed towards safety, improving strength, speed, overall conditioning, and developing great nutritional habits. From improving linear speed, to being in better overall health, this camp will fulfill any goal students have of self-improvement.

The camp will be held on three designated days per week throughout the spring and summer months leading up to the fall. Each camper should wear a t-shirt, athletic shorts, and athletic shoes. If you have any questions, contact Adam Rankin at 513-600-0165 or email at [RankinAW@elderhs.net](mailto:RankinAW@elderhs.net).

## **Orientation for Parents and Athletes: Wednesday, March 21<sup>st</sup>, 6:30 PM-8 PM, in the Schaeper Center**

\*Orientation will include Introduction to Strength & Conditioning from Coach Rankin and Introduction to Sports Nutrition from Dawn Weatherwax.

**Spring Session:** Monday, Wednesday, and Friday

**Dates:** Mon. March 26<sup>th</sup> through Fri. May 18<sup>th</sup>

**Times:** 5:00 PM – 7:00 PM

**Summer Session:** Monday, Wednesday, and Friday

**Dates:** Mon. June 4<sup>th</sup> through Fri. July 27<sup>th</sup>

**Times:** 1:00 PM – 3:00 PM

## **COST**

1.) \$200.00 (Both sessions – 4 months = 48 training sessions = \$4.16 PER SESSION)

Sign up for both sessions and become automatically enrolled in our online nutrition email program!

2.) \$150.00 (1 session only – 2 months = 24 training sessions = \$6.25 PER SESSION)

## TESTIMONIALS

"When I walked through the doors of Elder as a freshman, I was unsure and had little knowledge of the importance of weight lifting and training. I knew to play football in college I had a lot of work ahead of me. I was a lanky 170 pounder but thanks to Adam's dedication, enthusiasm and experience I improved to 230 pounds becoming much stronger and confident in myself. Adam finds a way to get the best out of each and every one of his athletes. I was fortunate to experience it for four years. I truly believe Adam is a big reason I fulfilled a life's dream in signing my national letter of intent to the University of Notre Dame."



- **Alex Welch**, Elder High School Football, Football/Basketball

"Adam Rankin has helped me improve physically while being a good friend. First, he helped me improve my strength and speed for my three sports. He helped me go from **185 lbs.** to **216 lbs.** in one year for my junior high school football season, and he assisted me in shedding two-tenths off of my 40-yard dash. Adam has also helped me improve my flexibility which has contributed to an increase in speed. Additionally, Adam has helped me achieve a drastic increase in my weight for bench and squat, increasing 35 and 45 pounds on my max for each lift. None of this would have happened without Adam Rankin's guidance and knowledge."



- **Jake Lindsey**, Elder High School Football, Football/Basketball/Baseball

# STRENGTH & CONDITIONING CAMP REGISTRATION

## Strength and Conditioning Camp Registration:

Please indicate which camp: Session 1 \_\_\_ Session 2 \_\_\_ Both \_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Email \_\_\_\_\_

Sports you plan to play at Elder \_\_\_\_\_

## Parent Permission:

I give my consent and approval to the participation of my son in this camp. I certify that he is physically fit to take part in the activities. I hereby authorize the directors of the Elder Strength Camp to act for me according to their best judgment in any emergency situation requiring medical attention for my son. I have adequate medical insurance for medical expenses as a result of any injury sustained while participating in the camp. I hereby waive and release Elder High School, the Strength and Conditioning Camp, its coaches and instructors from any and all liability for injuries and illnesses incurred while at camp.

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

Participants should bring this form with them when beginning the camp or mail it to Elder.

Payments can be made with cash or check. Make checks payable to:

Elder High School  
3900 Vincent Avenue  
Cincinnati, Ohio 45205