

# Summer Impact

## Speed, Strength, & Agility

# Champions' Training

Boys and Girls Grades 7-12

June 9th – August 7th, 2014 (Monday, Tuesday, Thursday)

Session 1- 7:30-9:00      Session 2 – 10:00-11:30

Workouts held at BVHS Athletic Complex

Cost: \$125 before May 1<sup>st</sup>, \$150 after

### What is Summer Impact Champions' Training?

A unique, 8-week summer workout program, designed to build stronger and more explosive athletes. We believe in fostering a positive, hard-working atmosphere while instilling beliefs of dedication, positive leadership, and teamwork. Summer Impact sets out to create CHAMPIONS that will make a positive IMPACT in their sport, in their communities, and in their life.

### Family Rates

1<sup>st</sup> Athlete=\$125.00

2<sup>nd</sup> Athlete=\$225.00 for both

3<sup>rd</sup> Athlete=\$260.00 for all three

More than 3 Athletes, please just pay \$270.00 and send registration form filled out for each athlete.

### Strength Training & Conditioning

Our focus is functional power, utilizing resistance training, plyometrics, flexibility training, and core training. We use equipment such as parachutes, resistance running cords, agility hurdles, speed ladder, and many other devices used by some of the best athletes in the world. This allows for repeating movement patterns similar to what the athlete must perform in their sport. The variety, intensity, and positive nature of our program will help the athletes stay engaged and experience growth, while continuing to push themselves and their teammates to levels they didn't know were possible.

### Training Directors

**Matt Mueller:** Director of Speed & Agility Curriculum. BV FB & Track Coach. College Football at Briar Cliff University

**Adam Bobzien:** Director of Strength Training Curriculum. BV Head Strength & Power Lifting Coach. College Basketball at Dakota State.

**Chad Urban:** BV Head Athletic Trainer. Worked with Sanford Power Program for past 8 years, training hundreds of athletes.

**Mike Zerr:** Director of Speed & Agility Curriculum. BV FB, BB, & Tennis Coach. College Football at Northern State University.

### Workout Day Sample

7:20-7:30: Dynamic Warm-up.  
7:30-8:15: Group A-Agility Training  
Group B-Strength Training  
8:15-9:00: Group A-Strength Training  
Group B- Agility Training

**Phone:** 605-661-3735

**Email:** Matt.Mueller@k12.sd.us

Adam.Bobzien@k12.sd.us

**Download:** mm217.k12.sd.us

### SUMMER IMPACT OFFICIAL REGISTRATION

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade in 2013-2014 \_\_\_\_\_

Address: \_\_\_\_\_

Parent Name(s): \_\_\_\_\_

Parent Contact #: \_\_\_\_\_

Athlete Contact #: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Sport(s): \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

Known medical conditions we need to be aware of: \_\_\_\_\_

Release: I hereby authorize the staff of the 2014 Summer Impact Champions' Training to act for me according to their best judgment in any emergency situation requiring medical attention. In consideration of the acceptance of this application, I, intending to be legally bound hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the aforementioned personnel for any and all damages which may be sustained and suffered out of my traveling to, and/or participating in the 2014 Summer Impact Champions' Training

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

# *The Only Success is TEAM Success*

## Testimonials

“As a 4X Summer Impact athlete, I have nothing but positive things to say about the workout program! I have become a quicker, faster, and stronger athlete because of Summer Impact. The hard work is worth the results you can see and feel at the end of summer break. Another perk Summer Impact offers is the chance to work out and bond with your teammates! All of the coaches provide encouragement and support for you while they push you to perform your best. Summer Impact WILL make you a better athlete as long as you are willing to work hard and have a positive attitude. Thank you Summer Impact coaches for helping me reach my goals!”

**Allie Koehn-Brandon Valley Volleyball, Basketball, Track Athlete**

“Summer Impact and Champions Training played an instrumental role in my high school athletic career. The physical improvements were remarkable, but what separates this program is the opportunity to train with teammates under the guidance of knowledgeable and motivational coaches as well as the mental toughness required.”

**Chase Marso-Brandon Valley Football and Basketball Athlete, Augustana Football Player**

“Summer Impact really helped me get to the next level. The coaching and the drills helped regardless of the sport. If you are willing to work hard, the sky’s the limit

**Matthew VandeBerg-Brandon Valley Football and Track Athlete, Iowa Football Player**

## FAQ!

**Can my son or daughter attend either daily session, or do I have to sign up for a specific session?** Once you sign up, you can come to either the 7:30 am or 10:00 am session each day. We will divide the groups up so you are still working out with other athletes of your same ability level. Some athletes will need to get their workout in early so they can get to work, while others may choose an extra hour or 2 of sleep. Whatever your preference, we will be here ready to work hard when you arrive.

**What if I have to miss a session?** No big deal. We will provide you with an absentee workout that you can do while on vacation using your own body weight for resistance.

**I have never lifted weights before, is that ok?** Yes, we will teach you the technique you need to perform strength training exercises safely and effectively in order to maximize gains. Middle School athletes will focus even more on technique, lifting only light weights and performing body weight exercises.

**I want to work out with my teammates, can we make that happen?** Yes, Summer Impact is designed to allow you to do just that. You and your teammates will be together working out, allowing you to motivate and push one another, and to hold each other accountable—things that great teams need.

**What time can I be dropped off in the mornings?** Normally coaches will have the doors open by 6:30 am on training days. If you must be dropped off earlier, just notify a coach and we will be there.

**Can I stay around and do some extra training once my session is over?** After 90 minutes of strenuous training, you will likely be ready to go eat a healthy meal and refuel for the rest of the day, but for those athletes that want a little more, we will still be around to help out. You may stay and do extra exercises, as long as another group is not beginning their workouts at that time.

# *The will to win is important, but the will to prepare is more important*