

# Sabercat Summer Speed, Strength and Agility Camp Schedule and Information

## Register @ Sabercatsports.org

### **Boys Soccer**

Upper Grass-6:30-7:30am  
Weight Room-7:30-8:30am

### **Girls Soccer**

Upper Grass- 6:30-7:30am  
Weight Room-7:30-8:30am

### **Football Varsity, JV & Soph**

Weight Room-6:30-7:30am  
Upper Grass- 7:30-8:30am

### **Wrestling**

Wrestling Room-6:30-7:30am  
Weight Room-7:30-8:30am

### **Girls Volleyball 10-12 graders**

Gym-7:30-8:30am  
Weight Room-8:30-9:30am

### **Girls Volleyball 9<sup>th</sup> graders**

Gym-8:30-9:30am  
Weight Room-9:30-10:30am

### **Football Freshman**

Upper Grass-7:30-8:30am  
Weight Room-8:30-9:30am

### **Fast Pitch Softball**

Dance Room--8:30-9:30am  
Weight Room-9:30-10:30am

### **Baseball**

Dance Room-8:30-9:30am  
Weight Room-9:30-10:30am

### **Boys & Girls Cross Country**

Front of CV- Run 7:30-8:30am, M-F  
Weight Room-8:30-9:30am, T & TH

### **Boys & Girls Golf**

Gym-8:30-9:30am  
Weight Room-9:30-10:30am

### **Boys & Girls Lacrosse**

Gym-8:30-9:30am  
Weight Room-9:30-10:30am

### **Boys & Girls Track & Field**

Weight Room-8:30-9:30am  
Gym-9:30-10:30am

### **Coed Cheer**

Weight Room-9:30-10:30am  
Commons-10:30-11:30am

### **Pom**

Weight Room-9:30-10:30am  
Dance Room- 10:30-11:30am

### **Boys & Girls Tennis**

Gym-9:30-10:30am  
Weight Room-10:30-11:30am

### **Boys & Girls Basketball**

Weight Room-10:30-11:30am  
Gym-11:30-12:30pm

### **Boys & Girls Swimming**

Weight Room-10:30-11:30am  
Gym-11:30-12:30pm

### **Boys Volleyball**

Weight Room-10:30-11:30am  
Gym-11:30-12:30pm

### **CRMS, 7<sup>th</sup> & 8<sup>th</sup> Graders**

Gym-10:30-11:30am  
Weight Room-11:30-12:30pm

### **Camp Information**

- Register @ Sabercatsports.org
- Dates- 6/5-7/28 (M-W-F unless noted)
- 23 work out sessions
- **Free Lunch provided 10:45-1:30pm**
- Smart Phone work out App
- Weekly Nutrition Blog
- Sabercat T Shirt for all
- \$135 all Sports **except** Football, Boys Soccer and Cross Country which are \$200

### **Camp Manager**

- Lisa Coney
- [Lisa.Coney@dcsdk12.org](mailto:Lisa.Coney@dcsdk12.org)

### **Camp Director**

**Patrick McHenry**, Strength & Conditioning Coach at Castle View. Patrick is a Certified Strength & Conditioning Specialist with Distinction and a Registered Strength and Conditioning Coach with the National Strength & Conditioning Association. Patrick received the 2010 Strength of America Award from the President's Council on Fitness. In 2012 Patrick was the Colorado High School Physical Education Teacher of the Year. Patrick is an international presenter, speaking at conferences & Olympic training centers around the world. He has also presented to sport coaches, strength coaches and physical education teachers at state and national conferences. He has spoken extensively on developing young champions & getting youth athletes to the next level.