

2023 DAKOTA HIGH SCHOOL SPEED/AGILITY/WEIGHT TRAINING CAMP

"Home of the 2006 and 2007 Division 1 State Champions"
2022 MAC Red Division & District Champions



Come out and join certified the Dakota High School Football Coaching Staff as they will be offering their knowledge in speed development and strength training for the 20th straight year. The techniques taught will help increase players speed, vertical jump, and horizontal movement. Mike Benavides (Dakota's Strength and Speed Development Coach) along with Dakota Football staff members will benefit your development, to get faster and to excel in any sport you play, especially football. We believe the techniques being taught, will help you to run faster, jump higher and move quicker if you are willing to work at it. To reach your fullest potential it is mandatory that all campers have tennis shoes and cleats everyday-no sandals, flip-flops or slides!

*All workouts starting June 19th consisting of weight training along with speed development and technique specific work.

YOU WILL BE TAUGHT:

ACCELERATION

CORE TRAINING

WEIGHT TRAINING

LATERAL SPEED VERTICAL SPEED

Contact: Greg Baur gbaur@cvs.k12.mi.us or 723-2948

Where: Dakota High School
21051 21 Mile Road / Macomb, MI 48044

When: June 19th, 2023— July 26th 2023
Mandatory Shutdown June 30th –July 9(No Camp that week)

Note: Monday/Wednesday/Friday from 9 am—Noon
Meet at the Football Stadium Tunnel

Grades: Entering grades 9th, 10th, 11th, and 12th

Cost: \$125 **Camp Registration #:**

If you have a sibling attending the camp the first pays full price the second will be half price. Last Day to register is July 10, 2023.

2023 DAKOTA COUGARS
SPEED/AGILITY/WEIGHT TRAINING -



\$125



****TO REGISTER**
<https://onlinereg.cvs.k12.mi.us>



June 19—July 26, 2023 M/W/F 9am-12pm

Camp registration number:

Childs Name: _____ Address/City/Zip: _____

Home Phone#: _____ Parents Name: _____

Birthdate : _____ Grade in Fall: _____ Parents Email Address: _____

CC#: _____ Exp Date: _____ Name on CC: _____

Cardholders Signature: _____ Check# _____

"Payments must be made online at <https://onlinereg.cvs.k12.mi.us> Or Chippewa Valley Schools, Adult & Community Education (in person or via mail) 50375 Card Rd., Macomb, MI 48044. Payments can be made by VISA, MasterCard, cash or check. Make checks payable to Chippewa Valley Schools, Adult & Community Ed. A \$20 fee will be assessed for any returned checks. Payment is DUE IN FULL at time of registration. Coaches CANNOT accept registration payments. \$20 fee for returned checks. No refunds after 7/10/23