



BIGGER.FASTER.STRONGER 2022



TO ALL PRESENT AND INTERESTED CHRISTIAN BROTHERS STUDENTS (BOYS AND GIRLS GRADE 3-GRADE 7) LOOKING FOR A LEADING EDGE STRENGTH AND SPEED/CONDITIONING PROGRAM TO JOIN THIS SUMMER, YOU DON'T WANT TO MISS OUT ON THIS YEAR'S CAMP.

SPEED

-  **QUICKNESS, COORDINATION, AND BALANCE**
-  **SPRINTING**
-  **ENDURANCE**

EXPLOSIVE POWER

-  **PLYOMETRIC TRAINING DEVELOPMENT**
-  **JUMPING AND LANDING TECHNIQUES**
-  **VERTICAL JUMP TESTING**

STRENGTH

-  **FUNCTIONAL APPROACH, AND THOROUGH INTRODUCTION TO OLYMPIC-STYLE LIFTING**
-  **CORE TRAINING**
-  **INJURY PREVENTION**

CONDITIONING

-  **GAME READY PREPARATION FOR ALL ATHLETES**

ALL PLAYERS ARE ENCOURAGED TO ATTEND ALL 6 WEEKS FOR MAXIMUM BENEFITS OF THE CAMP. WEEKLY PRICE AVAILABLE ON INDIVIDUAL BASIS. CONTACT COACH SIMPSON FOR INFORMATION @ 504.494.6355 OR

THIS WILL BE THE 5TH SUMMER CHRISTIAN BROTHERS HAS RUN A STRENGTH AND SPEED/CONDITIONING PROGRAM FOR OUR ATHLETES IN CONJUNCTION WITH OCHSNER PERFORMANCE TRAINING. EACH SUMMER CONTINUES TO GROW. THIS YEAR WE WILL CONTINUE TO GROW THE PROGRAM AND CHALLENGE THE ATHLETES EVEN MORE THAN WE HAVE IN THE PAST. OUR WORKOUTS SESSIONS LAST 1 HOUR AND 15 MINUTES. THE WORKOUTS WILL BE COACHED BY COACH SIMPSON AND THE CBS FOOTBALL STAFF IN CONJUNCTION WITH OCHSNER PERFORMANCE TRAINING COACHES. WE WILL BEGIN THE PROGRAM WITH BASELINE TESTING AND END THE PROGRAM WITH POST-TESTING. OUR RESULTS FROM LAST SUMMER WERE INCREDIBLE, AND THE ATHLETES WERE VERY EXCITED AND CONFIDENT HEADING INTO THEIR SPORT SEASONS. THE WORKOUTS WILL BE VERY WELL PLANNED AND STRUCTURED TO PROPERLY PROGRESS THE ATHLETES FROM WEEK TO WEEK.

WHERE

-  **CULTURAL CENTER (MON)**
-  **FALCON FIELD (MON,TUE AND THUR)**

DAY / TIME

-  **MONDAY-TUESDAY-THURSDAY (3:45-5:00 PM)**

DATE

-  **JUNE 6 – JULY 15**

COST

-  **\$250.00 (6 WEEK SESSION)**
-  **\$50 (WEEKLY)**

NAME _____

GRADE _____

PARENT'S NAME _____

EMERGENCY CONTACT PHONE # _____

CHECK # _____

EMAIL ADDRESS _____

MAKE CHECKS PAYABLE TO CHRISTIAN BROTHERS SCHOOL. AND MAIL TO 8 FRIEDERICHS AVE, NOLA 70124