



2026 BIGGER. FASTER. STRONGER



Are you ready to take your athletic performance to the next level? Join us this summer for an intensive **6-Week Strength & Conditioning Camp** designed to build speed, explosive power, strength, and endurance through high-energy, sport-specific drills. Athletes will improve performance, confidence, and work ethic in a positive, team-focused environment designed to get athletes 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.

Camp Details:

- **Duration:** 6 Weeks
- **Dates:** June 8th – July 16th
- **Days:** Monday, Tuesday, Wednesday, and Thursday
- **Time:** 3:30 pm – 4:45 pm
- **Location:** Falcon Field
- **Age Groups:** Rising 4th – 7th Grade

What's Included?

- **Speed Drills:** Focused on improving acceleration, agility, and top-end speed.
- **Explosive Power:** Plyometric exercises to enhance quickness and power output.
- **Strength Training:** Targeted workouts for overall strength and injury prevention.
- **Conditioning:** High-intensity drills to build stamina and endurance.
- **Experienced Coaching:** CBS Football Staff with guidance from experienced strength and conditioning coaches.
- **Progress Tracking:** Baseline and Post-Testing.

Who Should Attend?

- This camp is perfect for:
- Athletes in all sports looking to improve performance.
- Individuals wanting to boost their fitness level.
- Anyone committed to reaching new goals this summer.

What to Bring:

- Athletic attire and proper training shoes
- Water bottle
- Positive attitude and readiness to work!

Registration Details:

- **Cost: \$320**
 - **Full Payment:** Pay \$320 upfront for a 6-week hassle-free experience.
 - **Weekly Payment:** Pay \$60 at the start of each week.
- **How to Register:** Return form and payment to **Scott Simpson or Chris Bell, 8 Friederichs Ave., NOLA 70124**

Don't Miss Out!

Spaces are limited, so secure your spot today and start the journey toward becoming bigger, faster, and stronger!

For questions or more information, contact us at:

Coach Simpson (ssimpson@cbs-no.org/504-494-6355) or
Coach Bell (cbell@cbs-no.org/504-908-2355)