

GRANITE BAY SPEED & AGILITY / STRENGTH & CONDITIONING

Additional 8 DAYS ADDED THIS YEAR (20 Days of High level Instruction and Programing) Plus new Agility Program!!!

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Granite Bay's Strength & Conditioning Camp is open to anyone entering the 3rd,4th,5th 6th, 7th or 8th grade during the 2025-2026 school year.

Granite Bay's Strength & Conditioning REFUEL CAMP is a great way to give young athletes professional training that will enhance their athletic abilities. Granite Bay High's Head Strength Coach Matt Ray will put these young athletes through developmental exercises and movements to improve their core strength, coordination, agility, overall strength, power and **speed**. **Speed training** starts in the weight room and here at GBHS we embrace that concept.

Proper exercise techniques will also be taught to all of our young athletes. When they leave our camp their running capabilities will be significantly enhanced. **Explosiveness and agility** will also be taught through youth-friendly plyometrics, partner drills, and competitions. Dynamic warm-ups and static stretching will be introduced to promote proper warm-up, flexibility and overall conditioning.

In short, **Granite Bay's Strength & Conditioning** is in place to develop and train school-aged students on how to be explosive, flexible, and functional athletes. This program's goal is to Keep the **"Green Machine"** tradition going!



Camp Dates:

June 9 – June 26: Monday through Thursday

July 14-July 24: Monday through Thursday

Monday through Thursday Mornings: 10:00am to 11:30am

Program Objectives:

- Dynamic Warm-Up & Flexibility Instruction (Kipi- Biomechanics and proper movement patterns)
- Speed Training & Agility Training
- Strength Training & Testing Protocol
- Ladder Training (Quick feet are happy feet!)
- Plyometric Training (Low impact and in small quantities)
- Bio-Mechanics of the different exercises
- Lifting Techniques and Fundamentals (Olympic Lifts- Lite and Right!)
- Recovery Education, Dynamic, Active, Transfer movements Static Stretching Training & Education
- Nutrition Education- What we eat is FUEL for the BODY!
- Athletic Movements (Functional Movements) that are key to all field and court sports!

What to Bring:

Shorts, T- Shirt, Tennis Shoes, Cleats, Water, Snack (Water & Snack = important!)

GRANITE BAY SPEED & AGILITY STRENGTH & CONDITIONING CAMP APPLICATION

Fee is \$400(20 days); Checks payable to **Granite Bay Touchdown Club**

Participant's Name: _____

Address: _____

City: _____ Zip _____

2024-2025 Grade Level: 6 7 8 (PLEASE CIRCLE ONE)

T-shirt size: XS S M L XL XXL (sizes are adult sizes; please circle one)

I authorize the camp director to obtain medical attention for my child if he is injured or becomes ill. I have insurance covering my child in case of accident or injury. I know of no pre-existing condition that prohibits my child from participating.

Name and Signature of Parent/Guardian

Insurance Carrier and Policy Number

Cell phone number

email address

*Mail Camp Application Form and Check to:
Granite Bay Touchdown Club
4120 Douglas Blvd #306-99
Granite Bay, Ca 95746

**If needed, Coach Ray's email address is: mray@rjuhsd.us