

Summer Performance Enhancement Courses

What is being offered?

- Speed and agility course-----\$50
 - o Goal is to improve 40-yard dash times, vertical jump, and lateral quickness
 - o Will instruct on proper landing mechanics to help prevent injury's
 - o Injury prevention focus on ACL injuries
- Weight training course-----\$50
 - o Goal is to teach proper lifting technique/form and increase strength
 - o Strong emphasis on weight training safety and technique
 - o No previous weightlifting experience is required

What times are these courses being offered?

- Speed and Agility Course-----\$50

July 9, 2018-August 3, 2018. 4 weeks in duration
Every Tuesday and Thursday at Delton Kellogg High School Gymnasium
4-time slots will be available based on grade level

 - o Incoming 11th and 12th grade boys----- 8:00-9:00am
 - o Incoming 11th and 12th grade girls-----9:00-10:00am
 - o Incoming 9th and 10th grade boys-----10:00-11:00am
 - o Incoming 9th and 10th grade girls----- 11:00-12:00pm
- Weight Training Course-----\$50

July 9, 2018-August 3, 2018. 4 weeks in duration
Every Monday, Tuesday, Thursday, and Friday at Delton Kellogg High School Weight Room
4-time slots will be available

 - o 8:00-9:00am
 - o 9:00-10:00am
 - o 10:00-11:00am
 - o 11:00-12:00pm

Who will instruct these courses?

- Tyler Koerth, Delton Kellogg's Athletic Trainer will instruct the speed and agility course as well as assist in the weight training course
- Mara Rincher, Western Michigan University Graduate Assistant Athletic Trainer, will instruct the weight room course.

It is highly encouraged to participate in both the speed and agility and weight training courses!!

Questions? Please contact Tyler Koerth at tyler.koerth@dkschools.org

Order Form

Students Name:

Grade Level: (Fall 2018)

Speed and Agility Course:

\$50

- *Please circle time selection:
- 8:00-9:00am (11th +12th grade boys)
 - 9:00-10:00am (11th + 12th grade girls)
 - 10:00-11:00am (9th + 10th grade boys)
 - 11:00-12:00pm (9th + 10th grade girls)

Dates: July 10, 12, 17, 19, 24, 26, 31, August: 2

Weight Training Course:

\$50

- *Please circle time selection:
- 8:00-9:00am
 - 9:00-10:00am
 - 10:00-11:00am
 - 11:00-12:00pm

Dates: July 9, 10, 12, 13, 16, 17, 19, 20, 23, 24, 26, 27, 30, 31 August: 2, 3

Total_____

** Please return Order Form to High School office with appropriate payment by June 1st, 2018

**Checks can be written out to Tyler Koerth