

Speed and Strength Camps

Sponsored by New Hope Parks and Recreation and Cooper High School

Grades 9-12 (fall 2019)

This program will focus on strength, conditioning, flexibility, speed improvement, agility, and quickness. Participants will learn proper techniques and mechanics for weight training, stretching, and agility drills specific to their sport(s).

Dates: Mondays through Thursdays, June 10-July 25
(no class July 1-4)

Course 151000-A1: Female Athletes, 10:30 a.m.-12 p.m.

Course 151000-A2: All Athletes, 9-10:30 a.m.

Fee: \$68

Grades 6-8 (fall 2019)

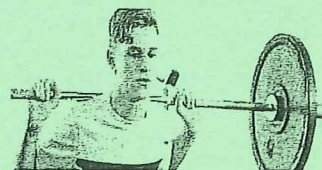
This camp is a building block for younger athletes to learn all the important lifts, plyometrics and conditioning that will be needed as they grow as an athlete.

Course: 151001-A

Dates: Tuesdays and Thursdays, June 11-July 25
(no class July 2 and 4)

Time: 9-10 a.m.

Fee: \$37



Earn a Varsity Letter!

Grades 9-12

Participants can earn a varsity letter in weight training based on attendance, participation, and meeting their individual training goals at the completion of the program.

Camp(s) Location: Cooper High School weight room
8230 47th Ave N, New Hope

Register with: New Hope Parks and Recreation
4401 Xylon Ave N
New Hope, MN 55428

Refunds, program credits or transfers are allowed up to one week prior to the start of the program. In the event of illness or injury, refunds will be given when accompanied by a doctor's written verification. All refunds are subject to a \$5 service fee. Confirmations are not sent. Participants should attend the program, unless informed that it is filled or cancelled. Payment by check authorizes the city to use information from your check to make a one-time electronic fund transfer from your account. Phone registrations accepted with a major credit card. QUESTIONS? Call 763-531-5151

Online Registration! Go to webtrac.nhrecexpress.com.



www.facebook.com/newhoperecreation

2019 Strength Training & Conditioning Camp

Name _____ Phone (h) _____ (c) _____

Address _____ City _____ Zip _____

Birthdate _____ Grade fall 2019 _____ Sex (M or F) _____ Parent/Guardian Name _____

Course Number _____ Email Address _____ Amount Enclosed \$ _____

I, the undersigned parent or guardian, authorize the City of New Hope to disclose to the City's insurer, attorney, staff, coaches, and other personnel involved in this program, the participant's name, address and telephone number for the purpose of program administration. I understand that the records are protected under state and federal privacy regulations and cannot be disclosed without my written consent unless otherwise provided by law. I hereby agree to allow the individual named herein to participate in the aforementioned activity, and further agree to hold the City harmless for any claim resulting from participation in this activity. I further give consent for any photos or videos taken during the program to be used by the City for promotional materials.

Parent/Guardian Signature _____ Date _____

Am Ex/Discover/MC/Visa # _____ Exp Date _____ Security Code _____