

**VASSAR COLLEGE
STRENGTH & CONDITIONING**

**SUMMER
CAMP 2019
NOW OPEN!**

Take your game to the next level this summer!
Speed, Strength, Agility,
Mobility & Conditioning

**Half Day Strength & Speed Camps
Morning & Afternoon Sessions Available**

Looking to improve your athleticism through strength and conditioning this summer? Learn from college strength coaches in the weight room and on the track who will help take you to the next level in any sport you play.

SUMMER CAMP 2019

Vassar Strength & Speed Camp

Vassar Strength & Speed camp is the perfect way to jump start your summer training for the upcoming sports season or to get an introduction to training for speed & strength. Whether you have been training for years, or you're taking your first dive into the world of strength and conditioning, our coaches will give you the tools to improve your athleticism, speed and strength. Each camp will have a limited number of athletes in order to ensure that everyone receives close instruction in the technical fundamentals of linear speed, lateral (field sport) speed, weightlifting, and plyometrics (jumping.) During the summer months, athletes must work consistently and independently to improve their performance. Let us help give you the tools to do so safely and efficiently, to optimize your upcoming sport season!

Daily Details:

Each day, campers speed, strength, agility and technical knowledge will be challenged.

A Typical Camp Day:

- Dynamic Warm Up
- Linear Speed Technique
- Weight Room Strength & Technique I
 - Snack, Stretch & Mobility
 - Agility & Plyometric Session
- Weight Room Strength & Technique II
 - Mobility & Foam Rolling
 - Conditioning / Games & Debrief



To learn more about Vassar's Strength & Speed Camp,
visit vassarsportscamps.com or email
aread@vassar.edu.

CAMP COACHES 2019

Alice Read MS, CSCS, USAW, FMS

Alice is the Head Strength & Conditioning Coach at Vassar College. She brings over 7 years of collegiate coaching experience and has trained athletes of all levels. Alice has also worked with youth and high school athletes, helping them prepare for high school and college success. During the academic year Alice coaches 550 athletes from 27 different sports teams making her uniquely qualified to train all types of athletes.



Brandon Gruver MS, CSCS, USATF, USTFCCCA

Brandon is a Track & Field and Strength & Conditioning Coach at Williams College. He has an in-depth knowledge of the biomechanics of sprinting and jumping and over 5 years of experience with strength and conditioning programming and instructing. This combination of expertise makes him a particularly valuable asset in every camp session.



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2019 OFFERINGS & REGISTRATION

Register for one week of camp or all five! Each week the training will change to fit the needs of the group so you'll learn something new each week.

For each week, you can choose either the morning or afternoon session:
Morning Session: 8:00 am - 12:00pm **Afternoon Session: 1:00pm - 5:00pm**

Camp Name:	Dates:	Morning or Afternoon:	Date Registration Closes:	Price:
<i>Three Day Strength & Speed Camp:</i>	7/1/19 - 7/3/19	Morning (8am -12pm)	June 17, 2019	\$200
	7/1/19 - 7/3/19	Afternoon (1pm -5pm)	June 17, 2019	\$200
<i>Four Day Strength & Speed Camp I:</i>	7/8/19 – 7/11/19	Morning (8am -12pm)	June 24, 2019	\$250
	7/8/19 – 7/11/19	Afternoon (1pm -5pm)	June 24, 2019	\$250
<i>Four Day Strength & Speed Camp II:</i>	7/15/19 – 7/18/19	Morning (8am -12pm)	July 1, 2019	\$250
	7/15/19 – 7/18/19	Afternoon (1pm -5pm)	July 1, 2019	\$250
<i>Four Day Strength & Speed Camp III:</i>	7/22/19 – 7/25/19	Morning (8am -12pm)	July 8, 2019	\$250
	7/22/19 – 7/25/19	Afternoon (1pm -5pm)	July 8, 2019	\$250
<i>Four Day Strength & Speed Camp IV:</i>	7/29/19 – 8/1/19	Morning (8am -12pm)	July 15, 2019	\$250
	7/29/19 – 8/1/19	Afternoon (1pm -5pm)	July 15, 2019	\$250

*To optimize training we ask campers to only sign up for one camp per week.
 (aka no double sessions)



Register online at:
vassarsportscamps.com

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