

## REGISTRATION:

June 13 - June 30, July 11 - July 28

- SESSION I: M,W,F | 7:00 AM - 9:00 AM
- SESSION II: M,W,F | 9:00 AM - 11:00 AM
- SESSION III: M,W | 6:00 PM - 8:00 PM

All sessions meet at Meadow Creek Sports Center.

**COST: \$150 | DEADLINE: JUNE 10**

Name: \_\_\_\_\_

Grade Entering: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Special Request (allergies, etc.): \_\_\_\_\_

### Parental Consent:

*I certify that my child has been examined by a physician and found to be in good health and able to compete in all camp activities without restriction. Furthermore, I authorize the directors of the Legacy Christian Academy Camp to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the Legacy Christian Academy and their employees from all claims resulting from injury my child may sustain while attending camp.*

Parent/Guardian Signature: \_\_\_\_\_

### CHOOSE YOUR T-SHIRT SIZE:

- small
- medium
- large
- x-large
- xx-large
- xxx-large

### FOR MORE INFORMATION CONTACT:

JP LINDGREN @ 763.427.4595, EXT. 452

### COACHES:

#### JP Lindgren

*Legacy Christian Academy Athletic Director  
Legacy Boys Basketball Head Coach  
Blaine High School Graduate  
St. Cloud State Graduate*

#### Tricia Koski

*Legacy Track & Field Coach  
Northwestern College Graduate  
Coaching experience in Gymnastics and Track & Field.*

#### Matt Kuik

*Meadow Creek Christian School Graduate  
Crown College Soccer & Basketball Player - Junior*



# LEGACY

## SUMMER STRENGTH & CONDITIONING PROGRAM

For Students Entering  
Grades 9-12



**LEGACY**  
CHRISTIAN ACADEMY

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ANDOVER, MN 55304  
PHONE 763.427.4595  
FAX 763.427.3398  
WWW.LCAMN.ORG

SUMMER 2011

# STRIVE FOR EXCELLENCE

## 2011 SUMMER STRENGTH & CONDITIONING PROGRAM

If you truly want to improve your overall game, then it's paramount that you participate in an offseason workout program.

Legacy Christian Academy has developed a Strength & Conditioning Program that will ultimately help you in every facet of your sport.

This program has been designed to:

- 1 Improve your acceleration, speed, and quickness
- 2 Develop an explosive first step
- 3 Improve body coordination and balance
- 4 Increase strength and improve vertical jumping ability

### PLYOMETRIC TRAINING

A variety of footwork drills and specialized exercises designed to improve the player's performance and stamina.

### SPEED & JUMP TRAINING

Through a system of drills and exercises, we will further tap into the athlete's muscle strength and muscle speed to create a more explosive athlete.

### STRENGTH TRAINING

Power is a combination of both speed and strength. Our strength program is designed to build maximum muscle power that ultimately compliments the other disciplines.



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### LOCATION:

Meadow Creek Sports Center

### PROGRAM COST:

\$150

*Please Note: All students must have a physicians approval to participate in the Strength & Conditioning Program.*



# LEGACY