

# JHAWK FITNESS

Our goal is to prepare all student athletes for the demands of high school athletics and beyond. The primary reason for our existence is for skill development and injury prevention. All of our athletes will be trained with attention to detail and improved technique.

Strength, speed development, and agility are all by products of the efforts of our instructors and your children's motivation. No matter the activity, your goals are what we aim to achieve through the efforts in the J-Hawk Performance Camp.

*"Performance P.E. prepared me for the intensity of Division I athletics. There was nothing that I didn't know how to do in the weight room when I got to UNI. My technique was excellent. I came in as one of the strongest, if not the strongest lifter in my freshman class of 2012. Thank you Performance PE."*



Rachel Sedlacek

UNI Softball

2012 Athlete of the Year

## Camp Director:

Mr. Matt Orton



Fitness Education Instructor  
Co-Head Coach Varsity Wrestling  
CrossFit Level One Certification  
CrossFit Kids Certification  
CrossFit Olympic Lift Certification

## Assistant Director:

Mr. Brian Webb

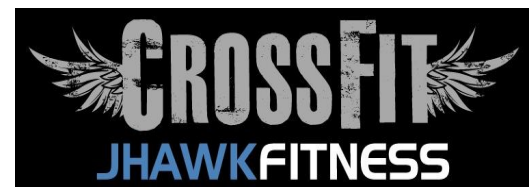
Fitness Education Instructor  
Head Coach Varsity Football

*"You will learn to compete in everything you do and embrace challenges that are presented."*



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## Performance Camp

Forging Elite Fitness for Jefferson High School



Cedar Rapids Jefferson's  
Exclusive Strength and  
Conditioning Camp



June 8th– July 24th, 2015

# Camp Description

This camp is set up to provide structured strength training as well as CrossFit Principles for athletes seeking high intensity training. This camp will allow athletes the opportunity to improve or learn the complex movements in our strength training program. Athletes without Performance PE experience will participate in our Novice Program. Novice Programmed athletes will learn the progression of our complex weighted movements as well as, the structured training program. Students with previous experience from our Performance PE classes/camp will participate in our Traditional Program. Those with administrative approval will participate in our Advanced Sessions.

Novice athletes will progress to Phase II. During Phase II students will follow a set program that is designed to help the student achieve a high level of strength and fitness. Students will work on strength training three days per week and offered skill sessions in Football and Wrestling on Tuesdays and Thursdays

Finally students will progress to Phase III. During this phase student athletes will be given the opportunity to test and set up a new prescribed individualized in-season program. Students will be given a pre-test and a post-test on a variety of functional strength and fitness activities

**Advanced Program:** 7th-12th Grade student who proficiently demonstrates Olympic lifts such as Clean and Jerk and Snatch. Also able to perform pull-ups (females) and Muscle-ups (males).

**Traditional Program:** 7th-12th Grade student who has completed at least one trimester of Performance PE or receive director approval.

**Novice Program:** 7th-12th Grade Student who is interested in learning and performing the complex movements involved in our strength and conditioning program. Focus will be on skill development.

**Where:** The J-Hawk Performance camp will be held at Jefferson High School and will coincide with your training in the Performance PE strength program. The camp will begin in the West Gym and matriculate to weight room.

**When:** [\(Monday Wednesday Friday\)](#)

Performance Advanced 7:00 – 8:30am	Performance Traditional 8:00 – 9:30am	Performance Novice 9:00 – 10:30am
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## Optional Skills Sessions [\(Tuesday and Thursday\)](#)

Football (incoming 9th-12th grade athletes)	7-9 am
Wrestling (incoming 7th-12th grade athletes)	9:15-10am
Girl's Soccer (incoming 9th-12th grade athletes)	7am

*\*Those athletes who wish to be involved with the wrestling or football programs at Jefferson High School are expected to attend skill sessions on Tuesdays and Thursday.*

**Cost:** The cost of the camp is \$85 \$100 with Premium ShT-shirt) for each athlete. Payment can be made by check payable to: Mr. Matt Orton

**Refund Policy:** Once the camp has started no refunds will be made. Prior to the first day of camp a full refund will be given.

**Participant Limitations:** Limited to the first 216 fully paid registrants.

\*\*please get your registration and payment in as soon as possible so we can make adjustment to schedules (if necessary) and have T-shirts available during the first week of camp.



We will use Wodify tracking software for all athletes involved in our program. This is part of our program at the high school. The first step to seeing improvement is to start tracking your progress. Wodify is designed to let athletes take ownership of their performance and celebrate personal achievements. This software is internet based and accessible from anywhere for all of our athletes. Please write clearly when filling out your registration information. This information will be used to register each of our athletes in the system. \*

## \*Performance Camp Registration Form

Sign up for:	Time	Price
<input type="checkbox"/> Performance—Advanced Program	7:00am	\$85.00
<input type="checkbox"/> Performance—Traditional Program	8:00am	\$85.00
<input type="checkbox"/> Performance—Novice Program	9:00am	\$85.00
<input type="checkbox"/> Premium Athletic Cut T-Shirt		\$15.00

Total: \_\_\_\_\_

### T-Shirts Sizes

- Small T-Shirt
- Medium T-Shirt
- Large T-Shirt
- XL T-Shirt
- XXL T-Shirt
- There is no additional cost for the standard camp t-shirt. However if your athlete would like the premium American Apparel 50/50 T-shirt there is an additional \$15 charge. Regardless of style choice, please mark a t-shirt size.

Name \_\_\_\_\_

Date of Birth Month / Day / Year

Athlete Email –print carefully please \_\_\_\_\_

Sport (s) \_\_\_\_\_

Emergency Contact information \_\_\_\_\_

### Method of Payment

- Check payable to Matt Orton
- Cash

All camp athletes must complete and return this registration form with payment by May 29th. There will be no refunds after the first day of camp begins. All parents must complete and sign the online waiver before camp begins. This waiver will come in the form of an email once registration has been completed.

Parent Signature \_\_\_\_\_



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