



2017 Warrior Weight Training



The program is open to all high school students entering grades 9-12 this fall that attend Waubonsie Valley High School. The emphasis will be on improving strength, power, flexibility, agility, and speed. Warrior weight training program is designed to help build better athletes.

Coaches Ron Griffin, Chris Genslinger, Dave Gowing, and Ryan Voitek will be conducting a six week summer weight/speed training program at Waubonsie Valley High School.

Ron Griffin and Chris Genslinger (USA Olympic Lifting Level 1) will be with Sophomores, Juniors, and Seniors. Dave Gowing (USA T&F Level 1) Ryan Voitek will be with Freshman.

Program information:

Location:

- Weight room located at WVHS. Enter through door 26 at west-side of building, come up the stairs to the left as you enter and room is located on the second floor. Freshman will start in the Fieldhouse every morning for warm-ups.

Days

- Sophomore/Junior/Senior – 1st day of camp starts June 6th (7am – 9am)
- Freshman – 1st day of camp starts June 12th
- Camp will be held on **Monday, Tuesday, Wednesday, Thursday**
- Last day of camp will be Tuesday, July 20th
- **No weight training on July 3rd – July 7th**

Times

- Monday - Thursday - Freshman 6:50 a.m. – 8:30 a.m.
- Monday - Thursday – Sophomores, Juniors, and Seniors 8:45 a.m. – 10:30 a.m.

Cost

- \$100.00 for each athlete
- \$50.00 for each additional family member
- **Payment due by June 1st**

Make checks payable to:

**So/Jr/Sr – Ron Griffin
Frosh – Dave Gowing**

Mail to:

Ron Griffin or Dave Gowing
W.V.H.S.
2590 Ogden Ave
Aurora, IL 60504

Clip and send fee

Name: _____

Sport: _____

Address _____

Zip: _____

Phone: _____

Grade Level (Fall 2017): _____