



## ***MIDDLE SCHOOL FUNCTIONAL FITNESS CAMP***

### **About the Camp**

This camp will help athletes in the areas of balance, stability and strength. Other areas of emphasis will include speed and agility training. Instructor Brad Rogeberg has been training athletes for the past 20 years and also teaches functional training classes at Middleton High School. He will be assisted by Middleton High School student athletes.

### **Information & Itinerary**

- 6 week camp starting on **June 11<sup>th</sup>** 2013 ending on **July 18<sup>th</sup>**
- Open to any incoming **6<sup>th</sup>-7<sup>th</sup>-8<sup>th</sup>** grade boy/girl student
- Tuesday/Thursday from 3:00pm – 4:15pm.
- @ Middleton High School Fitness Center
- Cost \$90.00 includes: T-Shirt
- We will limit this camp to 50 athletes

### **Registration**

Name \_\_\_\_\_ T-Shirt size \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Grade entering 2013 \_\_\_\_\_ Age \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Checks Payable to: Cardinal Booster Club

Send to: Brad Rogeberg 7257 Ziegler circle Middleton WI 53562

Camp Coordinator: Brad Rogeberg [brogeberg@mcpasd.k12.wi.us](mailto:brogeberg@mcpasd.k12.wi.us) 608 206-6383