

# Do You Dare To Be Great And Become The Best Athlete That you can be?

## TYPICAL WORKOUT:

Monday Wednesday Friday Daily Schedule

(Quickness, Vertical Speed, Power and Agility)

8:00 Dynamic Flexibility Movement Exercise

8:06 Abdominal & Core Strengthening

8:15 Technique Speed Training

8:25 Sprints

8:36 Power Jump Training(Vertical)

8:45 Foot quickness and Agility Drills

8:52 Lateral Quickness & Agility Drills

9:00 Strength Training Core Lifts-Lower Body

9:45 Quickness/Flexibility/Auxiliary Lifts

10:00 Done

## TUESDAY & THURSDAY

(Core, Strength, Horizontal Speed Day)

8:00 Foot Quickness Drills

8:06 Dynamic Flexibility exercises

8:15 Assistive/Resistive Training

8:25 Core Strength

8:36 Abdominal Strengthening

8:45 Upper and Mid-Section Plyometrics

8:52 Core Lifts Upper Body

9:00 Speed Development Lifts

9:45 Quickness/Flexibility/Auxiliary Lifts

10:00 Done

## Building Champion Hurricanes

Our program is a challenging workout that will give the Canes Athletes the extra opportunity to achieve the best physical and mental condition they deserve!

## The Canes Power Training

Canes specialized improvement training will help young individuals increase their strength, speed, agility, and awareness they'll need on the field.

## Affordable

We looked for the best price for the sake of the young athletes to achieve the peak of their potential. The cost is only \$35 for a 7 Week training regiment, offering 27 sessions in only 2 hours.

## Benefits

We have personally seen first-hand the benefits that thousands of high schools, middle school, and young athletes have gained from our program.

## We Are Flexible

With full schedules, our coaches made specific accommodations so that our Cane athletes can work around their full schedules. They don't need to miss any work out, we'll help accommodate and customize it to their needs.

## Canes Family

You will get the every bit amount of personal attention because our coaches are Canes Teachers and Coaches that are a huge part of our Cane Family that are only interested in training Cane Athletes. We care about Cane Athletics so it doesn't matter what sports you play, our program has vested interest in seeing Every Single Cane Athlete succeeds!

## Canes Power Sport Camp

**What: Any boy or girl athlete entering grades 6, 7, or 8 who wants to be FASTER, QUICKER, STRONGER, AND INCREASE their explosive jumping ability (this is a comprehensive program not just weight-lifting) (basketball, baseball, dance, football, gymnastics, hockey, soccer, softball, track, wrestling, volleyball)**

**Who: Boys & Girls from Hayward entering 6<sup>th</sup>-9<sup>th</sup> grade**

**Where: Hayward High School Weight-room**

**When: Monday June, 8<sup>th</sup>- Wednesday June, 17<sup>th</sup> (Saturday and Sunday off)**

**Times: 2 hour sessions: Session I for boy and girl student athletes going into 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades 8am-10am**

**Session II for boy and girl student athletes going into the 9<sup>th</sup> grade 9am – 11am**

**For information:** Contact: Brian Trettin  
Phone:(715) 638-9541

Email: brtrettin@hayward.k12.wi.us

**Send Registration & Fee:**

Hurricane Football  
10320 N. Greenwood Lane

**Cost: \$45(\$35 if registered before May 20<sup>th</sup>)  
NO REFUNDS OR DISCOUNTS FOR ANY**

## REASON

**Make checks Payable to: Hurricane Football**



YOU THINK YOU'VE DONE IT ALL BECAUSE YOU'VE... Worn out the basketball net shooting hundreds of jump shots mastered your skating ability going through multiple skate blades played hours of volleyball wearing holes in your shoes rolled around on the wrestling mat earning numerous bruises caught hundreds of footballs jamming several fingers taken hours of batting practice wearing the cover off the ball improved your soccer skills wearing our the grass on the front lawn ran so many miles on the track you have blisters on top of blisters.

**NOT SO FAST...How much time have you spent working on the most important fundamental skills...speed, quickness, agility, and strength? These are athletic skills that you have to start working on now!**

A few traits are common amount the greatest athletes in the world regardless of their sport. Speed, Quickness, Agility, Explosive Jumping Power, and Strength are all athletic components crucial to being successful in Power Sports. The great thing is that athletes can improve in ALL these areas with hard work and the correct program. This program gives you the opportunity to reach your potential.

This is the first year this camp has been offered in the Hayward Schools, by Brian Trettin the Head Football Coach and his staff a camp that he has offered to high school and middle school students for over 10 years. With a wealth of knowledge, training, and education in the area this camp has produced tremendous results for over 1,500 campers. Several have gone onto successful high school careers taking teams to State Championships and State Qualifiers. Others have gone onto illustrious Div. III, II, and I college careers.

This is an eight-day igniter camp to allow athletes to build a strong base as an athlete. You will learn proper technique in all of your speed, quickness, and lifting exercise to help prevent injury and improve in all areas necessary to be great!

**For only \$45(\$35 if you register before May 20<sup>th</sup>) for the entire eight day camp, this is a steal of deal and a great investment in your athletic career. You will not find a more worthwhile camp and affordable strength, speed, agility, and quickness camp.**

**2015 Building Champion Athletes Wavier & Registration Form**

Athletes Name\_\_\_\_\_ Grade in School 2015-16\_\_\_\_\_

Address\_\_\_\_\_ City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Cell Phone # (home phone only if you do not have cell phone)\_\_\_\_\_

Insurance Company\_\_\_\_\_

Any allergies or medical conditions\_\_\_\_\_

Sessions 8:00am-9: 30am June 8<sup>th</sup>- 17<sup>th</sup>

My child has permission to attend and participate in the Building of Champion Athletes Power Sports Training Camp. I certify that within the past two years my child has had physical examination and that he/she is physically able to participate in a physically demanding training camp without restriction. In the event of illness or injury, I give my consent for medical treatment and permission for the attending physician to hospitalize, secure proper treatments and order connection with my child's attendance in the camp. I acknowledge that at the Building Champion Athletes Power Sports Training Camp, my son/daughter will participate in a collision activity that will involve, among other things, physical contact of the body with other personal objects; including the ground and that at the Building Champion Athletes Power Sports Training Camp he/she may incur risk of injury, even possible death. I specifically waive and give up and release the Building Athletes Power Sports Training Camp, camp staff, coach staff, Building Champion Athletes, Hayward High School, Hayward School District, Brian Trettin, and other people involved, from liability for any damages which I or my son/daughter have injuries, illness, or death that he/she may sustain while participating in or traveling to and from the Building Champion Athletes Power Sports Training Camp.

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

Tear off Registration and mail with \$35.00 Fee

For Office Use ONLY: PAID\_\_\$\_\_\_\_\_ Check #\_\_\_\_\_ Date\_\_\_\_\_

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