

Sleepy Eye Indians Strength and Speed Camp

“Take your game to the Next Level”

Sleepy Eye students entering 7-12th grade are invited to participate in the 2019 Indian Strength and Speed Camp that will be directed by Scott Mangen, Max Pagel, and Tim Seifert from the New Ulm Medical Center Sports Medicine staff and the Sleepy Eye coaching staff. This camp is supported and encouraged by the SEPS Athletic Department and coaching staff. Students will complete activities related to but not limited to weight and/or resistance training, cardiovascular training and flexibility training.

Sleepy Eye High School has recently purchased the weight training APP Team Buildr. Students taking advantage of this program will use this APP to track their workouts on an IPAD or smart phone. The athletic department has worked with the NUMC Sports Medicine staff to build a 12 month training program that will not only be used during this summer program but during the school year as well. This program is a great opportunity for our athletes and will include SEHS students only! Individual workouts will be tailored depending on your age, grade and experience with training.

Location: Sleepy Eye High School weight room, track and gymnasium

Dates: Monday's and Wednesday's June 10, 12, 17, 19, 24, 26 July 8, 10, 15, 17, 22 and 24. Depending on interest and coach availability we are also considering optional Friday workouts and other open weight room opportunities.

Time: 7:00-9:00 AM

Cost: \$30 per participant or \$50 per family

Due date: Thursday May 16th (Fee and forms)

If interested please complete the requested information and liability waiver on attached sheet. You can return your registration and fee to Anita in the High School office or Mr. Haala in the Activities Office.

Make Checks Payable To: Sleepy Eye Public School

If you have any questions or would like additional information regarding this camp, please contact Activities Director Cory Haala @ 507-794-2230 or cory.haala@sleepyeye.mntm.org