

2024 EAGLES SPEED + AGILITY CAMP



Camp Director - Jeremiah Behrendsen
Jeremiah.Behrendsen@jeffco.k12.co.us
20+ Years HS Coaching/Training Experience

Register at: dakotaridgesports.org
Cost: **\$125** (Use QR Code Below)

Includes: **5 Week Camp, T-shirt, Popsicle Fridays
and Camper of the Week Treats!**

Monday/Wednesday/Friday Mornings

No Camp on Friday 7/5

Grades 2-9: June 10-July 12

9:00-10:15 am

Grades 10-12: May 29-July 3

10:30-11:30 am

Grades: 2-12

All Kids Welcome!



Location: DRHS Football Field & Upper Fields
(Gym will be used in the event of inclement weather)
13399 W. Coal Mine Ave. (C-470 & Bowles)

What to Bring: T-Shirt, Shorts, Tennis Shoes & Water Bottle

Camp Objectives: This camp is designed for Elementary thru High School student-athletes to have fun and grow towards their full athletic potential. Sessions benefit athletes of all sports and are designed to help increase stamina, strength, power, agility and many other qualities needed to succeed as a student-athlete.

Camp Sessions include: Plyometrics, resistance training, form running, coordination drills, uphill/downhill training, acceleration and deceleration training, change of direction drills, cardiovascular endurance training, sprint mechanics training. Use of fun training manipulatives such as mini hurdles, ropes, ladders, reaction balls, bungees, speed chutes, etc.

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