



2019

# Summer Strength Camps

MCMC's Sports Medicine Department is Pleased to Announce Our Eighth Annual:

## Summer Strength & Conditioning Camps

*Free for Local Youth Athletes*

These 5-week-long camps are designed to enhance athletic performance, reduce the risk of common athletic injuries, and prep athletes for the upcoming sports season. As always, our focus is on fun, camaraderie, and positive encouragement, while providing safe and professional coaching from a team of credentialed and experienced fitness and healthcare professionals.

### CAMP DETAILS:

- Open to all middle school and high school students
- No need to be participating in a current sport
- Must have signed waiver

### CAMP FOCUS:

A series of camp sessions devoted to proper technique, form and safety in:

- Running technique, speed development, agility and cutting
- Plyometrics, explosiveness, and jump training
- Basic and advanced weight-training
- Prevention of common sports injuries
- Basic nutrition and hydration education

Online registration required:  
[www.mcmc.net/summer-strength-camp](http://www.mcmc.net/summer-strength-camp)  
Questions? Email John at [johnba@mcmc.net](mailto:johnba@mcmc.net)



### CAMP SCHEDULE

Join one of the FREE five-week-long sports camps in your area this summer. Space is limited, so sign up early!

#### DUFUR Starts June 10

- All Sports Summer Strength Camp  
6 to 8pm, Mondays and Wednesdays  
at Dufur High School

#### WHITE SALMON Starts June 18

- High School All Sports Strength Camp  
5 to 7:30pm, Tuesdays through Thursdays  
at Columbia High School
- Middle School Strength Camp  
5:30 to 7pm, June 18-20, 27, July 11, 18 & 25  
at Columbia High School

#### THE DALLES Starts June 24

- Novice High School Strength Camp  
3 to 4:30pm, Mondays through Thursdays  
at Amaton Field & TDHS Weight Room
- Advanced High School Strength Camp  
5 to 7pm, Mondays through Thursdays  
at Amaton Field & TDHS Weight Room
- Middle School Strength Camp  
3 to 4:30pm, Mondays and Wednesdays  
at Amaton Field & TDHS Weight Room

#### HOOD RIVER Starts June 25

- All Sports Strength Camp  
8 to 9:30am, Tuesdays and Thursdays  
at Horizon Christian School