



# PRE-SEASON PREP CAMP

*Are you interested in a jumpstart to your upcoming competitive season or your upcoming Celtic Academy Athletic Development Programming? REGISTER TODAY!*

- WHAT:** Five Day, Five Hours Per Day, Pre-Season Prep Camp with Professional Strength and Conditioning Coach, Mr. Matthew Caseley
- WHO:** 2019-2020 Grades 10-12 Student-Athletes
- WHEN:** CAMP 1 - August 12-16 / CAMP 2 - August 19 - 23 / 9:00AM - 2:00PM
- WHERE:** St. Joseph Catholic High School
- WHY:** An early start to prepare for your upcoming sport season and/or Athletic Development class.
- HOW:** Register Today! Then, show up and work hard! Please complete the Registration Form and submit it to St. Joseph or St. John Paul II High School Office by June 27th. If registering late, registrations & payment must be submitted to the Catholic Education Centre (9902-101 Street). Deadline for all applicants is Friday, August 2.
- COST:** Grande Prairie & District Catholic School Student - \$50  
Non-Resident of GPCSD Student - \$250

## SAMPLE DAILY ITINERARY

9:00-9:30AM	Effective Warm-up Protocol, including: General Warm-up, Dynamic Warm-up, and Specific Warm-up
9:30-10:00AM	Fundamental Movement Patterns/Biomechanics, Agility and Core Engagement
10:00-10:30AM	Linear and Lateral Speed
10:30-11:00AM	Speed & Power Fundamentals and Transfer of Training to Sport
<b>11:00AM - 12:00PM LUNCH BREAK</b> *** Please Note: Students are responsible for their own water, snacks, and lunch. ****	
12:00-12:15PM	Effective Warm-up
12:15-1:00PM	Upper Body or Lower Body Recruitment and Weight Training
1:00-1:45PM	Energy System Development
1:45-2:00PM	Effective Cool Down Methods



# PRE-SEASON PREP CAMP REGISTRATION

NAME:			
GENDER:		AGE:	
CURRENT SCHOOL:		GRADE ENTERING:	
PARENT/GUARDIAN NAME:			
PARENT/GUARDIAN PHONE NUMBER:			
PARENT/GUARDIAN EMAIL:			
CAMP REGISTERING FOR:	<input type="checkbox"/> CAMP 1: AUGUST 12-16		<input type="checkbox"/> CAMP 2: AUGUST 19-23

Was the applicant enrolled in Celtic Academy Athletic Development during the 2018-2019 school year? (please circle)      YES      NO

Has the applicant filled out the application form to enroll in Celtic Academy Athletic Development during the 2019-2020 school year? (please circle)      YES      NO

\*\*\* If you have answered no to both of the above, a "CSEP Get Active Questionnaire" and a "Fitness Facility Liability Form" must be completed and submitted with the Registration Form.

**IMPORTANT INFORMATION:**

- Payment must be submitted with the application form; cheques to be made out to Grande Prairie Catholic School District.
- Parents will be notified by email about camp details during the beginning of August.
- Training will take place both inside and outside. Athletes need to be prepared for all weather conditions.
- Athletes are responsible to bring their own water, snacks, and lunches.
- Applicants will be accepted on a first come first served basis; 35 athletes per camp.
- Athletes may register and pay for both camps if desired. Please note, the format of camp will be the same for both.
- Athletes who are not engaged in programming, or are misbehaving, will be sent home. This is for the safety of everyone at camp.
- Questions? Contact: Mr. Matthew Caseley, Strength and Conditioning Coach [matthewcaseley@gpcsd.ca](mailto:matthewcaseley@gpcsd.ca) or Mrs. Kelsey Urban, Supervisor of Celtic Academy, [kelseyurban@gpcsd.ca](mailto:kelseyurban@gpcsd.ca)

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_