

## Camp Philosophy

Our goal is to prepare all student athletes for the demands of high school athletics and beyond. The primary reason for our existence is for skill development and injury prevention. All of our athletes will be trained with attention to detail and improved technique.

## Former Campers



*"In 7th grade I began training with Coach Orton's Performance Camps. I was immediately introduced to proper technique with Olympic Weightlifting as well as jumping and landing. The atmosphere in the summer is great because you're surrounded by others who choose to be there and have the desire to better themselves in order to succeed in their respective sports. As I transitioned to high school, I was prepared to jump right in with Performance PE (Jefferson's strength and conditioning program) due to my experience with the summer camp. Performance PE allowed me to gain strength, speed, and agility that helped me immensely in baseball, basketball, and football. Jefferson's lifting program is elite and prepared me to be able to compete at the division 1 level. The structure of the program is very similar to how a college weight room is run. I owe a lot of credit to Coach Orton and the Performance PE class at Jefferson."*

**Brayden Frazier** University of Iowa Baseball



*"Jefferson's Performance PE supported me with a smooth transition to the University of Iowa's Strength and Conditioning Program. While in high school, I had the opportunity to build strength, coordination, power, agility and endurance, which allowed me to quickly acclimate to the demands of college athletics. Coach Orton's high standards and expectations fueled my motivation for success. I attribute Performance PE to my successes on and off the court. I will forever live the #BelieveInWork attitude instilled in me through this program."*

**Maddie Slagle** University of Iowa Volleyball

## Camp Director:

Mr. Matt Orton



Strength and Conditioning Coach  
CrossFit Level Two Certification  
CrossFit Kids Certification  
CrossFit Olympic Lift Certification  
CrossFit Mobility Certification  
CrossFit Gymnastics Certification  
Brand X Campus Instructor

## Assistant Directors:

Mr. Chris Buesing

Head Coach Varsity Football and Track

*"Athletes learn to compete and embrace challenges that are presented."*

**JHAWK FITNESS**

1243 20th St. SW

Cedar Rapids, Iowa 52405

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Follow on Twitter: <https://twitter.com/jhawkfitness>



**JHAWK FITNESS**

Performance Camp



Cedar Rapids Jefferson's  
Strength and Conditioning Camp



June 10th-July 12th, 2019

# Camp Description

This camp is set up to provide structured strength training as well as movement progressions and reactive agility. This camp will allow athletes the opportunity to improve or learn the complex movements in our strength training program. Athletes without Performance PE experience will participate in our Novice Program. Novice Programmed athletes will learn the progression of our complex weighted movements as well as, the structured training program. Students with previous experience from our Performance PE classes/camp will participate in our Traditional Program. Those with administrative approval will participate in our Varsity Sessions.

Novice athletes will progress to Phase II. During Phase II students will follow a set program that is designed to help the student achieve a high level of strength and fitness. Students will work on strength training three days per week and offered skill sessions in Football on Tuesdays and Fridays.

## Which program should I sign up for?

**Novice Program:** 6th-12th Grade Student who is interested in learning and performing the complex movements involved in our strength and conditioning program. Focus will be on skill development and movement progressions. Student athletes who are incoming freshman will have the opportunity to complete additional work that would allow them the opportunity to waiver out of Health and Fitness I and take Performance PE as a first semester freshman. This will also serve to complete the high school graduation requirement of CPR Training.

**Varsity Program:** 6th-12th Grade student who proficiently demonstrates Olympic lifts such as Clean and Jerk and Snatch. Must have received a varsity letter during the past school year or receive director approval.

**Traditional Program:** 6th-12th Grade student who has completed at least one semester of Performance PE or receive director approval.

**Where:** The J-Hawk Performance Camp will be held at Jefferson High School and will coincide with your training in the Performance PE strength program. The camp will begin in the West Gym and matriculate to weight room.

**When:** Monday - Wednesday - Friday

<u>Novice</u>	<u>Varsity/Traditional</u>	<u>Varsity/Traditional</u>
7:00 – 8:00am	8:00 – 9:30am	9:00 – 10:30am

## Open Skills Session (no charge)

Football (incoming 9th-12th grade athletes) T/Th 7-9 am  
Wrestling (Tuesday only) 9:15-10am  
Girl's Basketball (9th-12th) W/Th 10:45am-12:30pm  
Cross Country (Boys and Girls) T/Th/F 6:30am

*\*Those athletes who wish to be involved with the wrestling or football programs at Jefferson High School are expected to attend skill sessions.*

**Cost:** The cost of the camp is \$75 for each athlete. All athletes will receive an American Apparel T-shirt with the their tuition payment. Payment can be made by check payable to: *Mr. Matt Orton*

**Refund Policy:** Once the camp has started no refunds will be made. Prior to the first day of camp a full refund will be given.

**Participant Limitations:** Limited to the first 216 fully paid registrants.

\*\*please get your registration and payment in as soon as possible so we can make adjustment to schedules (if necessary) and have T-shirts available during the first week of camp.

We will use Wodify tracking software for all athletes involved in our program. This is part of our program at the high school. The first step to seeing improvement is to start tracking your progress. Wodify is designed to let athletes take ownership of their performance and celebrate personal achievements. This software is internet based and accessible from anywhere for all of our athletes. Please write clearly when filling out your *registration information*. This information will be used to register each of our athletes in the system. \*



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## \*Performance Camp Registration Form

Sign up for:	Time	Price
<input type="checkbox"/> Performance—Novice Program	7:00am	\$75
<input type="checkbox"/> Performance—Varsity/ Traditional	8:00am	\$75
<input type="checkbox"/> Performance—Varsity/ Traditional	9:00am	\$75

Total Cost \$ \_\_\_\_\_

### T-Shirts Sizes

- Small T-Shirt  
 Medium T-Shirt  
 Large T-Shirt  
 XL T-Shirt  
 XXL T-Shirt

Name \_\_\_\_\_

Date of Birth Month / Day / Year

Athlete Email –print carefully please \_\_\_\_\_

Sport (s) \_\_\_\_\_

Emergency Contact information \_\_\_\_\_

### Previous Experience

- Athlete has previous experience with camp (WODIFY Account)

### Method of Payment

- Check payable to Matt Orton  
 Cash

All camp athletes must complete and return this registration form with payment by May 31st. There will be no refunds after the first day of camp begins. All parents must complete and sign the online waiver before camp begins. This waiver will come in the form of an email once registration has been completed.

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



Mail or drop off registration to: **Matt Orton**  
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Cedar Rapids, Iowa 52405

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