



Plainview Speed, Agility, and Endurance Camp

When: Mondays, Tuesdays and Thursdays of June and July at 6:00 AM. First session June 5th. Last session will be July 27th.

Where: Plainview track facility and practice field. (football or soccer cleats will be useful)

Who: Boy and girl athletes 7th to 12th grade

Cost: \$20

About the Camp: Speed, quickness, agility, flexibility and power are all important components of a successful athlete. This 8-week course will help train athletes to reach their full potential. Natural speed is an obvious factor in athletic success, but speed can be developed through hard work, technique conditioning, and knowledge of sprinting. Another goal of this camp is to reduce athletic injuries. Through proper training, corrections of technique, and general conditioning and flexibility training, we hope to prevent injuries that keep our athletes from competing in their respective competitions.

Benefits: The goal of this camp is to increase speed, agility, endurance, vertical, flexibility, and strength. All of these are aspects of a good athlete. There are very few athletes in this world that are born great, but rather through training and discipline they become great. Through flexibility training, speed agilities, explosive drill work, and running technique training, athletes will not only become more skilled, but also less prone to injuries.

Camp Format: 8-week program

3 sessions a week for a total of 22 sessions (break during 4th of July week).

1 hour sessions

Training will be broken down into periods

1: Warm up flexibility

2: Workout

3: Cool down flexibility

(The more sessions attended, the better the results)

About myself: My name is Kevin Janata I have been teaching and coaching in Plainview for the last 5 years. Through my post-college, college, and high school experiences, I have gained much valuable knowledge on how to improve the attributes that can take

athletes to the next level. I was a three time All- American at Nebraska Wesleyan, made the Capital One Academic All-District Team, the Capital One All American Team, was the recipient of a NCAA Postgraduate Scholarship, was a NCAA Elite 88 winner recognizing the top athletes in the NCAA, a three time Great Plains Athletics Conference Pflieger Olson Scholar Athlete award winner, and the NCAA Division III Outdoor Track & Field Men's Athlete of the Year Central Region in 2011, all in my college career. In high school I was All-state in multiple sports and played on championship winning teams in football and baseball, while also competing in track and varsity basketball.

About the Program: The speed, quickness, agility and strength program that we would be using was developed by St. Francis Memorial Hospital rehabilitation department. The physical therapist that put the program together see athletic injuries daily that could have been prevented with proper techniques and corrections in muscle imbalance. Also, these therapists are experts in athletic performance and how to train athletes to compete at their maximum potential. Area high schools that they worked with included West Point Guardian Angle, West Point-Beemer High, Bancroft Rosalie, Wisner Pilger, Howells-Dodge, Clarkson-Leigh, and other area schools. Many of these schools produce some of the best athletes in the state.

Commitment: We are all busy. This is a great opportunity to take your game to the next level.

Name: _____

Grade: _____

Parents: _____

Phone Number: _____

Email: _____

T-shirt Size _____

Please return form to high school office or Mr. Janata's mailbox at 208 N. 1st St. by May 12th.