



Kutztown University

Summer Strength & Conditioning

Schedule for Daily Workouts: Monday, Wednesday & Friday

The summer strength and conditioning program at Kutztown University is designed to maximize the athletic potential and ability of every participating athlete. Athletes will train out of the 2,500sq ft. Varsity collegiate weight room. The program is open to female and male athletes entering grades 9-12 in the Kutztown University area.

The summer strength and conditioning program is suitable for athletes who wish to prepare for upcoming high school and club season(s) while implementing the most effective and proven collegiate strength and conditioning methods.

Each group will maintain a 1:10 coach to athlete ratio which will afford each athlete to receive individualized instruction and feedback as well as individualized sport specific programs.

The cost for this program is \$300 per participant. Each session will be 1 hour and 15 minutes in duration and includes 20 total sessions. In addition, each athlete will receive three power, speed and agility assessments throughout the course of the program.

2019 Summer Schedule (7 Week Program)

Week 1	June 17 th , 19 th , 21 st	Week 5	July 15 th , 17 th , 19 th ,
Week 2	June 24 th , 26 th , 28 th	Week 6	July 22 nd , 24 th , 26 th
Week 3	July 1 st , 3 rd	Week 7	July 29 th , 31 st , August 2 nd
Week 4	July 8 th , 10 th , 12 th		

Daily Schedule

Session #1:	8:00am-9:15am
Session #2:	9:30am-10:45am
Session #3:	11:30am-12:45pm
Session #4:	1:00pm-2:15pm

Contact Information: Kevin Barry – Phone: 610-683-4620 Email: Barry@kutztown.edu

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