



Community Education

The Utica Chieftains Present:
Chieftain Elite
Strength and Conditioning Camp



A safe, varied, unique, and up to date strength and conditioning program spanning the entire summer off-season. The program will be catered to all levels. Current coaches along with collegiate athletes will be directing an hour and a half of intense, creative, workouts designed to give athletes an up-tempo experience. Different and varied equipment is used to expose the athlete to all aspects of strength and conditioning. All high school sports will be supported throughout the summer. Students will finish the summer with a better speed, agility, explosiveness, balance and body control.



Dates: June 17-Aug 7 (No camp week of June 30)

Days: Tuesday, Wednesday, Thursday

Time: Range from 7:00-11:30 am SEE BELOW
(Students will only attend for 1 ½ hours each day. **Time slot is determined first day of camp which will start at 9:00 am**)

Place: Swinehart Stadium

Grades: 5-12 (Fall 2014)

Coach: UHS Varsity Coaches and College Athletes

Cost: \$65

Bring: Shoes suitable for sprinting and athletic movement, shorts and shirt.
BRING YOUR OWN WATER!!!

To register by phone with a Visa, Master Card or Discover, please call UCS, Community Education (586) 797-6900 OR mail the completed application below with your check (payable to UCS) to Utica Community Schools, Community Education, 38901 Dodge Park Rd., Sterling Hts., MI 48312. To register online, visit www.ucsccommunityeducation.com. No refunds.

2014 Focus & Finish Strength and Conditioning Camp- #6160

Name _____

Address _____ City _____ Zip _____

Home Phone _____ Work/Cell _____

School Attending in Sept. _____ Grade (2014-2015) _____

E-mail address _____ Cash _____ Check # _____

Adult Shirt Size: Small _____ Medium _____ Large _____ X-Large _____

Visa/MC/Discover # _____ Exp. Date _____

Cardholder's Name _____

Cardholder's Address _____