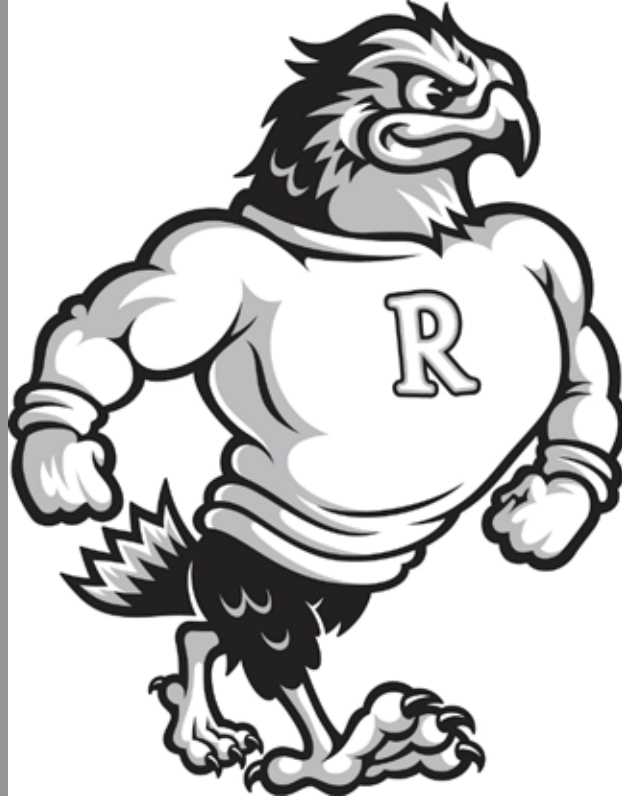


How much do you want to be a great athlete?

Success in athletics requires that you find ways to be better than the others
- improving your running coordination can be that huge bonus.

All athletes can find ways to improve - it isn't all about genetics.

**Come learn
HOW to run!**



Dates:

Thursday, 6/25

Tuesday, 6/30

Thursday, 7/2

Tuesday, 7/7

Thursday, 7/9

Tuesday, 7/14

Thursday, 7/16

Time:

7:30-9 a.m.

**Begin to understand your personal
body mechanics**

Hawklet's
Speed & Explosion
Camp

Improve your start

Learn the techniques that helped
over 20 All State finishers at the
Missouri state track meet who used
this training philosophy.



ROCKHURST

Taught by a Level 1 United States Track & Field Association coach

Build confidence in your footwork

Hawklet's **Speed & Explosion** Camp

During my 14 years coaching high school athletics learning HOW to run continues to be an X-factor in athletic success. Due to numerous requests, I will be offering Speed & Explosion training sessions again. This complements our weight and condition programs for football, soccer, basketball, track & field, baseball and lacrosse athletes. I have been doing these workouts since the mid 1990s, with significant success in improving running form, reaction times, 40-yard dash times, and performance strength.

These workouts are intended for the serious-minded athlete, as they require personal accountability towards improvement. The goals are to train the foot contact, recovery, and attack of the lower legs, so that an athlete can explode from the surface.

Attention to directions, commitment and a hard-working attitude are prerequisites to benefit from these proven sessions. The evidence rests in the number of collegiate athletes and state-caliber sprinters that have significantly improved using my methods.

I don't do much formal testing but instead:

- start with a dynamic warm-up,
- overspeed and resistance training.
- teach and correct form/sprint drills,
- short sprints, directional cutting
- agility
- plyometric drills
- finish with some form of conditioning
- cooldown and stretching.

Workouts are adjusted based on the ability of the group.

I am offering the following dates: 6/25, 6/30, 7/2, 7/7, 7/9, 7/14, 7/16. The sessions follow a progression so the earlier an athlete joins the better. All sessions begin at 7:30 a.m. and finish about 9 a.m. Those in summer weights can lift Mon-Wed-Fri (approved by Coach Severino).

The cost is \$120 and you can attend as many as you want. It is the athlete's responsibility to get his workouts in during the sessions offered. No refunds.

Please feel free to contact me regarding any of the details. We meet down at the track and start at promptly, so arrive a little early and bring a good pair of running shoes (cleats are optional). Also make sure to bring water.

Michael Dierks - mdierks@rockhursths.edu or 816-363-2039 Ext. 324.

Please complete this form for the school's records and bring to the first session.

Name: _____ Phone: _____

DOB: _____ Grade (08-09): 8th 9th 10th 11th 12th

Sport(s): _____ Physical issues: _____

Emergency phone contact: _____ Phone #: _____

DOCTOR'S STATEMENT **OR** PARENT RELEASE REQUIRED WITH REGISTRATION

I find _____ physically fit for participation in speed & explosion camp.

Date _____ Doctor's Signature: _____ OR

Parent's Release: _____

Please bring this form completed to the first session with a check for \$120. Checks should be made payable to Rockhurst High School.

I look forward to helping these talented and driven young men to reach their potential!