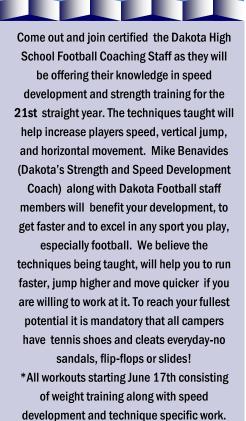
2024 DAKOTA HIGH SCHOOL SPEED/AGILITY/WEIGHT TRAINING CAMP



"Home of the 2006 and 2007 Division 1 State Champions" 11 MAC Championships - 13 District Championships



YOU WILL BE TAUGHT:



ACCELERATION
CORE TRAINING



WEIGHT TRAINING

LATERAL SPEED VERTICAL SPEED

Contact: Greg Baur gbaur@cvs.k12.mi.us or 723-2948

Where: Dakota High School

21051 21 Mile Road / Macomb, MI 48044

When: June 17th, 2024— July 31st 2024

Mandatory Shutdown June 28th –July 7(No Camp that week)

Note: Monday/Wednesday from 9 am—Noon

Meet at the Football Stadium Tunnel

Grades: Entering grades 9th, 10th, 11th, and 12th

Cost: \$125 Camp Registration #: DHSSACSUM2024

If you have a sibling attending the camp the first pays full price the second will be half price. Last Day to register is July 8, 2024.







**TO REGISTER

2024 DAKOTA COUGARS SPEED/AGILITY/WEIGHT TRAINING - https://sso.reg.eleyo.com June 17—July 31, 2024 M/W 9am-12pm Camp registration number: <u>DHSSACSUM2024</u>

Childs Name:		Address/City/Zip:	
Home Phone#:		Parents Name:	
Birthdate :	Grade in Fall:	Parents Email Address:	
CC#:		Exp Date: Name on CC:	
Cardholders Signature:		Check#	

"Payments must be made online at https://onlinereg.cvs.k12.mi.us Or Chippewa Valley Schools, Adult & Community Education (in person or via mail) 50375 Card Rd., Macomb, MI 48044. Payments can be made by VISA, MasterCard, cash or check. Make checks payable to Chippewa Valley Schools, Adult & Community Ed. A \$20 fee will be assessed for any returned checks. Payment is DUE IN FULL at time of registration. Coaches CANNOT accept registration payments. \$20 fee for returned checks. No refunds after 7/8/24