

# 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

Come out and join certified the Dakota High School Football Coaching Staff as they will be offering their knowledge in speed development and strength training for the 21st straight year. The techniques taught will help increase players speed, vertical jump, and horizontal movement. Mike Benavides (Dakota's Strength and Speed Development Coach) along with Dakota Football staff members will benefit your development, to get faster and to excel in any sport you play, especially football. We believe the techniques being taught, will help you to run faster, jump higher and move quicker if you are willing to work at it. To reach your fullest potential it is mandatory that all campers have tennis shoes and cleats everyday-no sandals, flip-flops or slides!

\*All workouts starting June 17th consisting of weight training along with speed development and technique specific work.

## YOU WILL BE TAUGHT:



ACCELERATION

CORE TRAINING

WEIGHT TRAINING

LATERAL SPEED VERTICAL SPEED



Contact: Greg Baur [gbaur@cvs.k12.mi.us](mailto: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: DHSSACSUM2024

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

