

# ***Speed Quickness Agility***

## ***Conditioning Camp***

### ***Frequently Asked Questions***

#### **What is the purpose of the Speed Quickness Agility Conditioning Camp?**

Speed and agility workouts compliment and improve performance in all sports. The workouts improve acceleration, deceleration, foot speed, quickness, and change of direction. If you want to get better at your sport, you must develop your overall athleticism. Remember, you can't coach speed, you must develop it.

#### **Who will coach our athletes?**

The summer conditioning program will be led by Steve Maiorca and Todd Pierson. These talented AuSable Valley physical education teachers bring years of experience and knowledge to our program. We invite you to look at our "Meet the Coaches" page to learn more about them.

#### **Who can attend?**

Any AuSable Valley student currently enrolled in grades 6 through grade 11 is eligible to participate. If space permits, current 12<sup>th</sup> graders may participate as well!

#### **When will the program be held?**

The program begins on Tuesday, July 5 with an orientation session and introduction to the drills for the athletes. Every training session will run from 6:30 until 7:30 p.m. Sessions will be held every Tuesday and Thursday ending on August 4.

#### **Where will the program be held?**

Each session will begin at the turf field at AuSable Valley High School. In the event of inclement weather conditions, athletes may use the indoor facilities (including the pool).

## **What protocols will be followed due to the pandemic?**

We will follow all COVID protocols mandated and recommended by the New York State and Clinton County Department of Health Organizations.

## **What should my athlete bring?**

Athletes should wear shorts, t-shirts, and sneakers. They should bring water to maintain hydration and sunscreen. A bathing suit and towel should be brought every day in case the pool is used. **Athletes should bring epipen, inhaler, etc. if necessary.**

## **What is the cost?**

This summer, due to the generosity of **Henry's Light**, the camp will be free for any AuSable Valley student enrolled in grade 6 through grade 12 for the 2021-2022 school year.

## **Where can I obtain a registration form?**

Forms are available on line or can be picked up in the lobby by the attendance office.

## **When is the registration form due?**

For planning purposes, it would be helpful if registration forms were turned in as soon as possible. However, students can register before the first session on Tuesday, July 5<sup>th</sup> beginning at 6 p.m. at the turf field.

## **Where should registration forms be turned in?**

Return the completed registration forms to the Nurse's office at the MHS. If you are in sixth grade, you can return the form to Mrs. Facteau, Ms. Snow, Mr. Remillard, or Mr. Mitchell.

Registration forms may also be mailed to:

AuSable Valley High School  
c/o AVCS Booster Club  
1490 Rt. 9N  
Clintonville, NY 12924

## **How do you contact us if you have any questions or concerns?**

Contact Jennifer Knapp @: [knapp.jennifer@avcsk12.org](mailto:knapp.jennifer@avcsk12.org)