



June 3rd - August 2nd (off the week of July 1st-5th)

8:00-9:30AM (9th-12th Grade)

8:30-10:00AM (7th-8th Grade)

Mondays, Wednesdays, & Thursdays

For grades 7-12 for the '24-'25 School Year

“Lancer High School Summer Speed & Strength Training is a program designed to develop and enhance an athlete’s explosive power and speed.”

The training philosophy will include a primary makeup of ground-based techniques. This means that the training is developed to initiate exercises where the feet are on the ground. Therefore, during competition a participant’s speed and power will be greater on account of the training principles.

Several of the ground-based lifts include the squat, single-leg squat, deadlift, Romanian deadlift, lunge, clean, good-morning, step-up, box jump, etc. All of these exercises incorporate the necessary recruitment of many muscles and joints.

The philosophy is not the isolation of muscles, but incorporation of many muscles. Not only do ground-based lifts train muscles and improve power, but ground-based lift also improve athleticism. Flexibility, balance, injury-prevention, strength, speed, and power are all characteristics that will be improved during the Lancer Summer Speed & Strength Training.

Athletes will also learn proper sprinting mechanics, change of direction technique, and rhythmic exercises designed to increase raw speed.

What to Bring: Workout attire and a water bottle

7th & 8th Graders Please Note: 7th and 8th graders will be following a program that will introduce them to weight training. This lower intensity program focuses on higher repetitions in order to develop proper form, muscular endurance, and strength development. Bands, bodyweight, dumbbells and barbells will be utilized at various times in the progression to execute the seven major movements of the body (squat, lunge, hinge, horizontal push/pull, vertical push/pull). The 7th and 8th graders will also strength train separately from the high school athletes.

COST: \$40 (includes a camp t-shirt)

FREE for incoming 9th-12th graders

QUESTIONS? Contact Nathan Hochmuth at nhochmuth@mlhslancers.org