



## Media Release

**DATE:** May 10, 2018

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### **Camps help athletes improve their strength and conditioning**

Two strength and conditioning camps begin the week of June 11 and continue through July 26. Introduction to Strength and Conditioning, for youth entering grades 6 to 8 in the fall, will meet on Tuesdays and Thursdays from 9 to 10 a.m. The fee is \$36. Strength Training and Conditioning Camp, for youth entering grades 9 to 12, meets Monday through Thursday, with 90-minute sessions beginning at 9 a.m. for all athletes and 10:30 a.m. for all female athletes. The fee for the camp is \$67. Cooper head coach Alicia Schuelke will teach proper technique and mechanics for weight training, stretching, and agility drills specific to each athlete's sport or sports. The training will focus on strength, conditioning, flexibility, speed improvement and quickness. The programs will be held in the Cooper weight room, 8230 47th Ave. To register or for more information, call the New Hope Parks and Recreation office at 763-531-5151 or visit [webtrac.nhrecexpress.com](http://webtrac.nhrecexpress.com).