



The Abbey Keene High School Strength and Conditioning Camp

Hosted by your Bozeman Blitz FC

The Abbey Keene Strength and Conditioning Camp is a three week program designed to prepare incoming high school players for their tryouts and the fall season. The program focuses on better conditioning, body mechanics, injury prevention, and agility training and is only open to incoming freshman through incoming seniors. High school players looking to enter the season a step ahead of their competition need to look no further!

This program is fitness based, while working with the ball. Every session is carefully designed to get the most amount of daily anaerobic and aerobic conditioning, while refining players’ touch on the ball in preparation for tryouts. Players will be exposed to dynamic stretching, ACL injury prevention sessions, and plyometric exercises to allow players to explode out of the gates and into a fantastic fall high school season!

Players will benefit most from attending all sessions; however, you may pick which ones you are able to attend.

All sessions cost \$10 to attend and must be prepaid. Practices will all be held at Chief Joseph Middle School.

Date	Day	Time	Topic	Cost	Attending?
July 26 th	Monday	8 – 9:30am	Dribbling and Speed	\$10	
July 27 th	Tuesday	8 – 9:30am	Agility and Passing	\$10	
July 28 th	Wednesday	8 – 9:30am	Shooting and Strength/Balance	\$10	
July 29 th	Thursday	8 – 9:30am	Plyos, agility, endurance	\$10	
August 2 nd	Monday	8 – 9:30am	Dribbling and Speed	\$10	
August 3 rd	Tuesday	8 – 9:30am	Agility and Passing	\$10	
August 4 th	Wednesday	8 – 9:30am	Shooting and Strength/Balance	\$10	
August 5 th	Thursday	8 – 9:30am	Plyos, agility, endurance	\$10	
August 9 th	Monday	8 – 9:30am	Speed/small sided games	\$10	
August 10 th	Tuesday	8 – 9:30am	Agility/small sided games	\$10	
August 11 th	Wednesday	8 – 9:30am	Strength and balance	\$10	
August 12 th	Thursday	8 – 9:30am	Agility and endurance	\$10	
Total:				\$	# attending:

Player Name: _____

Age: _____

Gender: _____

Incoming year at school: _____

This Registration forms need to be printed and completed, with check attached (please make checks out to ‘Abbey Keene’ and include your player’s name on check memo line), and sent to:

Abbey Keene
RE: Bozeman Summer Camp
234 Lillian Way,
Bozeman, MT 59718

Questions? abbeykeene@gmail.com or (406) 570-5236

The deadline for registering for this camp is **July 21st**. **Late registrations will not be accepted, and no registration will be taken at the field on the first day. Please get your registration in early!**