

Lakeville South Elementary Fitness Camp
2023 Summer Strength and Conditioning Program
For all Fall '23 Grades 3-5

All Lakeville students entering grades 3-5 are eligible for this camp. We have offered this program for a number of years, and the optimal level of training for this age group is a 2 day/week, 50 min session. Participation is very limited, we maintain small session numbers. If this session fills, we may add another.

This camp is designed for the elementary participant. The focus will be on Fitness Basics including: Core Strength, Olympic movement basics, speed, agility, and endurance. Multiple components of fitness are addressed and all activities are age appropriate, professionally designed, and constructed with fitness in mind. The camp will be offered 2 days per week on Tue/Thur from 1:25 pm-2:15 pm. All training will be held at Lakeville South High School (21135 Jacquard Ave), beginning Tuesday June 20-Aug 3. There will be no training the week of July 4 (July 3 - July 7).

The activities your son or daughter will be participating in are safe, effective, and fun! The program is designed and instructed by the Lakeville South Head Strength Coach Scott Sahli CSCS*D, USAW, NSCA-CPT*D, RSCC*E and Assistant Chris Rousemiller CSCS, USAW.

Scott is the former National Strength and Conditioning Association's Regional Coordinator for the North Central Region. He is the past State Director of the NSCA. Scott was named the 2010 NSCA National High School Strength Coach of the Year and is a National Level Coach for United States Amateur Weightlifting Federation. He has coached dozens of State Champions and medal winners and 15 State Champion Teams in Olympic Weightlifting and 3 in Football.

Chris is the State Director for Minnesota of the National Strength and Conditioning Association and is a Director and Past President of the Minnesota High School Weightlifting Organization. Chris is a National Level coach for the United States Amateur Weightlifting Federation as well as a National Lead Instructor for Education programs for the USAW. He has coached 9 National Champions, multiple National medal winners as well as multiple State Champions, medal winners and 4 State Championship Teams in Olympic Weightlifting. He is currently a Football Coach for the 2020 and 2021 State Champion Lakeville South Cougars, and Assistant Strength Coach at South.

Each camper will participate in a pre-and post-test session to measure and assess performance levels and measure improvement over the duration of the camp.

Please go to: <https://lakevillesouthstrength.com/> to register for this camp and secure your spot. Slots will be filled on a first come, first serve basis until filled.

Please contact Chris Rousemiller @ 612-760-2883 with questions or for more info!

