

**Lakeville South Training Camp**  
**2023 Summer Strength and Conditioning Program**  
**For all Fall '23 Grades 6-12**

All Lakeville students entering/in high school or middle school in the Fall of '23 are eligible for this camp. The schedule again this year will be grade level, and gender for training focus.

Training will occur M, T, W, Th for all 9-12 grade and M, T, Th for middle school grades 6-8.

This camp is designed for the developing athlete. The focus will be on strength training basics including: core strength, Olympic lifts, movement, acceleration, agility, and energy system efficiency. Multiple components of fitness will be addressed. All activities are age/skill appropriate, professionally designed, and constructed with athletic performance and injury resilience in mind. The camp will be offered in multiple sessions. 9-12 grade Girls, 11-12 Boys, 9-10 Boys, 6-8 girls and 6-8 boys. There is also an elementary camp (separate registration). The camp will run Monday, Tuesday, Wednesday and Thursday for all 9-12 grades and Monday, Tuesday, Thursday for all 6-8 grades. Specific schedules are posted on the website. All training will happen at Lakeville South High School (21135 Jacquard Ave) beginning Wednesday, June 14 – Thursday, Aug 10. By Minnesota High School League rules - there will be no training the week of Monday, July 3 - Friday, July 7 – Happy Independence Day!

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, USAW Lead Instructor.

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 including the 2020, and 2021 LSHS Cougar Teams.

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, 2021 State Champion Lakeville South Cougars, and Assistant Strength Coach at South.

Each camper will participate in a pre-and post-test sessions 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!

