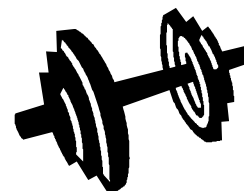


# 2008 SUMMER WEIGHT TRAINING AND COMPLETE SPEED AND EXPLOSIVE POWER ACADEMY SHAWNEE MISSION EAST HIGH SCHOOL

**Dates:** June 9 to July 24, Monday – Thursday

**Tuition:** \$65.00, Checks payable to “SM East”

**Location:** Indian Hills Middle School Cafeteria



## WEIGHT TRAINING SESSIONS

**Session 1 – Weights** ..... 7:00 am to 8:00 am ..... Senior and Junior Football Players

Students enrolled in Session 1 Weights will attend the 8:00 am CSEP Academy.

**Session 2 – Weights** ..... 8:00 am to 9:00 am ..... Sophomores and All other Seniors and Juniors

Students enrolled in Session 2 Weights will attend the 7:00 am CSEP Academy.

**Session 3 – Weights** ..... 9:00 am to 10:00 am ..... All Freshmen

Students enrolled in Session 3 Weights will attend the 10:00 am CSEP Academy.

**Session 4 – Weights** ..... 10:00 am to 11:00 am ..... Any grade (recommended for girls)

Students enrolled in Session 4 Weights will attend the 9:00 am CSEP Academy.

**Session 5 – Weights** ..... 12:30 pm to 1:30 pm ..... Any grade (recommended for summer school students)

Weight Training ONLY.

## COMPLETE SPEED AND EXPLOSIVE POWER ACADEMY SESSIONS

If you want to enroll in only the CSEP Academies then choose one of the four sessions below.

**Session A – CSEP Academy** ..... 7:00 am to 7:45 am

**Session B – CSEP Academy** ..... 8:00 am to 8:45 am

**Session C – CSEP Academy** ..... 9:00 am to 9:45 am

**Session D – CSEP Academy** ..... 10:00 am to 10:45 am

Non-Credit/Non-Refundable. Any athlete can participate in any session as long as the athlete to station ratio allows it. This class is open to all grade levels of Shawnee Mission East students only.

Name \_\_\_\_\_ SM Student ID# \_\_\_\_\_

Address \_\_\_\_\_ Home Phone \_\_\_\_\_

Parent Name \_\_\_\_\_ Work Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Current Grade (Circle One) 8 9 10 11

Weights Session (circle one) 1 2 3 4 5 CSEP Session (Circle One) A B C D

Cash/Check \_\_\_\_\_

Complete this application, include your check (payable to SM East) and return to:

**Coach Stonner, SME Summer Weights, 7500 Mission Rd., Prairie Village, KS 66208.**

Any questions call Coach Stonner at 993-6655 or email him at [eastonne@smsd.org](mailto:eastonne@smsd.org)

**Complete Speed and Explosive Power Academy:** Coach Ron Stallard will lead the Academy. Ron is a certified USA Weightlifting Coach and coached track the last twelve years at Buhler High School, the last eight as the jumps and sprints coach. While at Buhler he had 13 different athletes win 22 medals in the jumps at the State Track Meet, five different 4x100 teams medaled at State, and helped Buhler win two state championships and two runner up titles in track. Ron has a vast knowledge of the mechanics of running and working on the core area to develop explosive power. This will be a great program for all our athletes and is sponsored by the All Sports Booster Board.

**THE FOLLOWING COACHES HAVE REQUESTED THAT THEIR ATHLETES TRAIN AT CERTAIN TIMES. THE PURPOSE IS TO MAKE SURE SESSIONS ARE NOT OVERCROWDED.**

**FOOTBALL PLAYERS:** Seniors, Juniors, and Sophomores (A-L) attend the 7:00 am Weights Session and the 8:00 am CSEP Session. Sophomores (M-Z) attend the 7:00 am CSEP Session and the 8:00 am Weights Session. Freshmen will attend the 9:00 am Weights Session and the 10:00 am CSEP Session.

**BOYS' SOCCER PLAYERS:** Coach Kelly wants all boys' soccer players (senior through freshmen) to attend the 7:00 am CSEP Session and the 8:00 am Weights Session. Soccer kick around will occur at 9:30 am at Mission Valley

**BOYS' BASKETBALL PLAYERS:** Coach Hair wants all boys' basketball players (senior through sophomore) not out for a fall sport to attend the 7:00 am CSEP Session and the 8:00 am Weights Session. Open Gym will occur after Weights at 9:00 am.

**WRESTLERS:** Coach Ufford wants all wrestlers (senior through sophomore) not out for a fall sport to attend the 7:00 am CSEP Session and the 8:00 am Weights Session.

**BASEBALL PLAYERS:** Coach Jarrell wants all baseball players (senior through sophomore) not out for a fall sport to attend the 7:00 am CSEP Session and the 8:00 am Weights Session.

**GIRLS' BASKETBALL PLAYERS:** Coach Rhoades wants all girls' basketball players (senior through freshmen) not out for a fall sport to attend the 9:00 am CSEP Session and the 10:00 am Weights Session. Open Gym will occur after Weights at 11:00 am.

**GIRLS' SOCCER PLAYERS:** Coach Ricker wants all girls' soccer players (senior through freshmen) attend the 9:00 am CSEP Session and the 10:00 am Weights Session

**BOYS' AND GIRLS' TRACK AND CROSS COUNTRY:** Coach Meschke wants all her track and cross country athletes to participate in this program. Please pick the time that fits best for you.

**SOFTBALL PLAYERS:** Coach Horn wants all softball players (senior through freshmen) not out for a fall sport to attend the 9:00 am CSEP Session and the 10:00 am Weights Session

**ALL OTHER SPORTS (Golf, Tennis, Gymnastics, Volleyball, Bowling, Swim and Dive):** Please contact your coach.

Any questions call Coach Stonner at 993-6655 or email him at [eastonne@smsd.org](mailto:eastonne@smsd.org)