



This camp is for WDMCS students who are in seventh or eighth grade for the 2018-19 school year.

The camp has a maximum of 60 students. Online registration is encouraged.

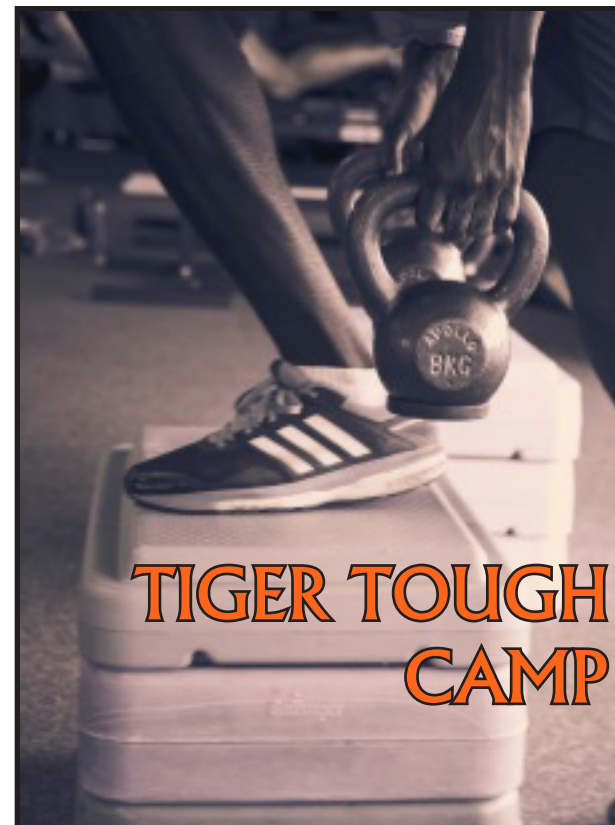
Sponsored through West Des Moines Community Schools



2019 TIGER TOUGH

JUNIOR HIGH
STRENGTH AND
CONDITIONING CAMP

Camp Location:
Valley High School
3650 Woodland Avenue
West Des Moines, IA 50266



WINTER 2019

**JUNIOR HIGH
STRENGTH AND CONDITIONING**

Focus on age-appropriate exercises:
mobility, flexibility, core control/stability,
running, upper/lower strength power,
agility, and plyometrics

FEBRUARY 19-MARCH 14, 2019

TUE/THUR

5:30-6:30 P.M.

**VALLEY HIGH SCHOOL
WEIGHT ROOM/FITNESS CENTER**

CAMP STAFF

Our staff has a variety of experiences in physical therapy, strength training, conditioning, nutrition, and skill development. Get to know each of them:

COACHES

Flynn Heald is a certified personal trainer in West Des Moines and is the older brother of Valley High School alumni and current Northwestern University wide receiver, Braeden Heald. Flynn returns from a successful summer Tiger Tough strength and conditioning camp to help coach the winter program. Flynn has helped numerous male and female athletes improve their athletic performance.

Flynn graduated from The College of William & Mary in 2017 with a degree in Kinesiology. He is a former Division I wide receiver. Flynn looks to use what he learned in school to help young athletes improve and get the most out of their training while also learning to enjoy their training.

Alex Broadus will help coach this winter's Tiger Tough camp. He has over 10 years of athletic training experience. Alex is one of the head athletic trainers at Ironworks Athletics in Urbandale, where he oversees the strength and conditioning programs. Certified in food and nutrition as well coaching in the state of Iowa, Alex uses his knowledge to help all athletes achieve their goals.

A former semi-professional football player for seven years, Alex knows what it takes to perform at a high level while respecting safety.

Isaac Ales is a physical education teacher at Valley High School who emphasizes on strength and conditioning. This is his first year at Valley, previously teaching two years in Independence, Iowa.

Isaac graduated from the University of Northern Iowa in 2015 with a degree in physical education. While attending UNI, Isaac played football and was a defensive fineman for the Panthers. He was an All-American as well as a semifinalist for the William V. Campbell Award. Isaac looks forward to share his knowledge of strength and conditioning with athletes.

DIETITIAN

Ellen Davis is a Certified Specialist in Sports Dietetics (CSSD) and Hy-Vee registered dietitian working to implement a performance nutrition education program for high-level athletes. As a specialist in sports dietetics and lifelong athlete, she has made it her passion to help developing athletes make the connection between healthy choices and optimal athletic performances.

“Progress over perfection” is the motto she encourages when working with developing athletes on a quest to improve the way they fuel performances. Small improvements add up in a big way, and she is a strong believer in treating food as fuel to reduce the risk of illness and injury in the midst of an intense season.

STUDENT VOLUNTEERS

Valley High School students will assist with sessions throughout the camp. Volunteers are ages 16 and above who enjoy weight training and conditioning.

WINTER 2019 TIGER TOUGH CAMP REGISTRATION FORM

Participant Name (Last, First, MI)

Full Address

Primary Phone

Gender

Grade in Winter '19

School in Winter '19

Sessions are Feb. 19 - March 14 every Tue/Thur

Emergency Contact Name

Primary Phone

\$35*

Make checks payable to:

Tiger Tough Camp

Mail to: Stilwell Junior High, Attn: Alex Dreier

1601 Vine Street, West Des Moines, IA 50265

Participation in this camp is entirely voluntary. The West Des Moines Community School District and its directors, officers, employees, and agents assume no liability for injury to any child arising out of his/her participation in the camp. The parent/guardian will be responsible for paying all expenses associated with any medical care and/or treatment of the child relating to the child's participation in the camp. The parent/guardian releases the West Des Moines Community School District and its directors, officers, employees, and agents from all liability in connection with the child's participation in this camp to the fullest extent permitted by law. By signing this form, I acknowledge and agree to the foregoing provisions.

Parent or legal guardian name (printed)

Parent or legal guardian signature

*Financial assistance available. Please email Alex Dreier for more information: dreiera@wdmcs.org