



This camp is for WDMCS students who will be entering seventh or eighth grade for the 2019-20 school year.

Each session has a maximum of 70 students. Early registration is encouraged.

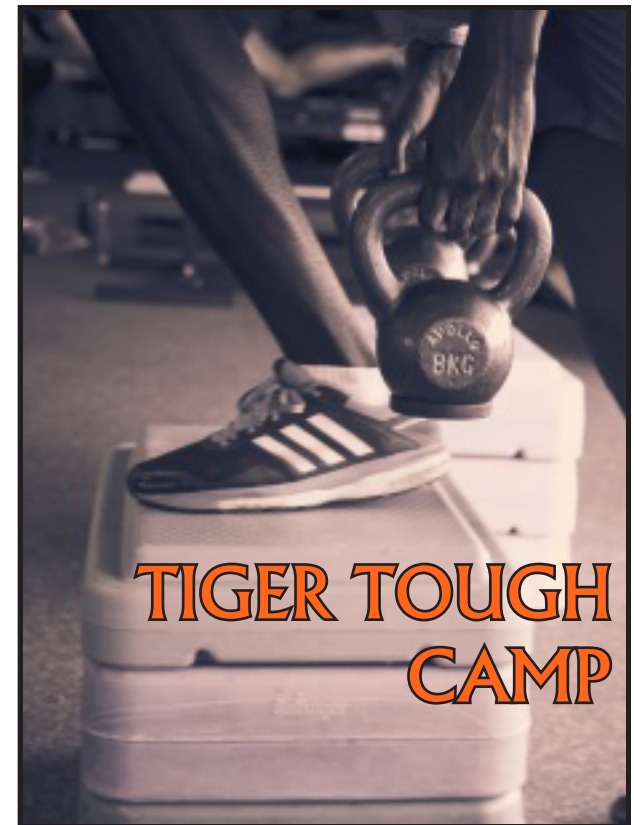
Sponsored through West Des Moines Community Schools



2019 TIGER TOUGH

JUNIOR HIGH STRENGTH AND CONDITIONING CAMP

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



TIGER TOUGH CAMP

SUMMER 2019

**JUNIOR HIGH
STRENGTH AND CONDITIONING**

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

JUNE 17-JULY 25, 2019

SESSION 1: MON/WED

SESSION 2: TUES/THUR

SESSION TIMES: 10-11 A.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.

COACHES

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 lineman 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.

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 2018 summer Tiger Tough strength and conditioning camp to help coach this year's program. Flynn has assisted 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.

Kari Lombardi is a teacher at Stilwell Junior High, where she coaches volleyball. Kari is also an assistant golf coach at Valley High School. Kari played collegiate volleyball at Minnesota State—Mankato, where she was a two-time all conference, two-time all region, and honorable mention All-America selection.

Mark Schilb is a teacher at Indian Hills Junior High. Mark, who returns from last year's Tiger Tough summer camp, also serves as an assistant coach on the Valley High School football team. He also has coaching experience in baseball, basketball, powerlifting, and track.

Lindsey Anderson is a classroom associate at Indian Hills Junior High. She has worked for Michael Johnson Performance, in McKinney, Texas, since 2012. She provided performance analysis and program support to U.S. and international athletes. Lindsey graduated from Iowa State and was a four-year letterwinner in track and field.

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. Ellen has made it her passion to help developing athletes make the connection between healthy choices and optimal athletic performances.

STUDENT VOLUNTEERS

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

2019 TIGER TOUGH CAMP REGISTRATION FORM

Participant Name (Last, First, MI)

Full Address

Primary Phone

Gender

Grade in Fall '19

School in Fall '19

Sessions: June 17-July 25 every M/W and T/TH

S M L XL XXL

Session 1 (M/W)

Adult Shirt Size (circle one)

Session 2 (T/TH)

Session Slot (circle one)

Emergency Contact Name

Primary Phone

\$60*

Make checks payable to:

Tiger Tough Camp

Mail to: Indian Hills Junior High, Attn: Zac Sinram
9401 Indian Hills Drive, Clive, IA 50325

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. Email sinramz@wdmcs.org