



10th Annual Tuscola Speed and Explosive Jump Camp

Description: The Tuscola Speed and explosive jump camp is open to incoming 6th-12th grade boys and 6th- 8th grade girls within and outside the Tuscola School District. Its purpose is to develop proper running technique, improve turnover and stride length, and create more explosive jumping ability while strengthening knee structure to help injury prevention in the knees. This is open to all athletes in football, soccer, track, cross country, basketball, baseball, among others.

Dates: Camp will begin on Monday June 11th and run through Wednesday July 18th. Camp will be on Monday and Wednesdays of each week with the exception of Wednesday, July 4. There will be no camp this day to honor the Independence Day Holiday.

Cost: \$50.00 for all campers (HS football players will not pay for this camp. This work is included in their summer workout program) Proceeds for camp will be utilized for new equipment (plyo boxes, speed hurdles, etc) and stipends for camp directors/helpers. **Please make checks payable to Tuscola Football.**

Camp Director: Andy Romine (217) 369-5951 and Varsity Level Coaches @ TCHS

High School Boys	Jr. High Girls and Boys
Begins: Week of June 11 th and will take place as part of morning weightlifting beginning at 7:30 a.m.	Begins: Week of June 11 th and will take place at 9:30 a.m.
Camp Days: June 11, 13, 18, 20, 25, 27, July 2, 9, 11, 16, 18	Camp Days: June 11, 13, 18, 20, 25, 27, July 2, 9, 11, 16, 18

Please contact Coach Romine with any questions regarding camp. Pro-rated pay is available to people who would miss portions of camp for vacations or are unable to pay full amount.



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