

Dakota Valley 2019 Summer Move Strong 365 Program

Summer will be here before you know it! Dakota Valley will once again be hosting the CNOS Move Strong 365 Summer Program. This is a strength and conditioning camp for all students and skill levels. Students will be instructed through a proper warm up, speed and agility drills, weight lifting, as well as mobility exercises daily. Middle School and Elementary School students will focus on introductory movements and utilize body weight.

WHEN:

The camp will run June 3rd through August 16th Monday-Thursday (except Elementary School students)

Fridays will be for open or make up weight lifting for **only** incoming 9th-12th grades

REGISTRATION:

Students can register on paper by picking up a form in the Weight Room

OR online at <https://cnosfoundationhealth.wufoo.com/forms/z1r1wjblcif6b0/>

SCHEDULE:

HIGH SCHOOL (Incoming 9th/10th/11th/12th grade) Cost \$75

(1 ½ hour Sessions)

7:00am- High School Boys 1

7:45am- High School Boys 2

8:15am-High School Girls

MIDDLE SCHOOL (Incoming 6th/7th/8th grade) Cost \$75

(1 Hour-1 Hour 15 minute Sessions)

9:30am- Middle School Girls

10:00am Middle School Boys

ELEMENTARY SCHOOL (Incoming 3rd/4th/5th grade) Cost \$50

Meet in the Weight Room, please use back entrance to Weight Room in the Administration Parking Lot

June 4-July 18

Tuesday and Thursday nights only

6:00pm-7:00pm

QUESTIONS:

Cody Sexton 712-389-8125 or cody.sexton@cnosfoundation.org

****Students are to use the main High School parking lot NOT the administration parking lot****