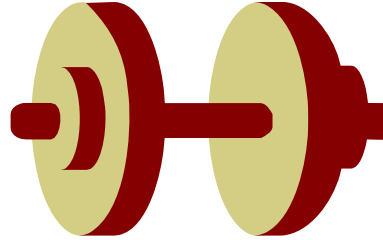


## Director- Jeff Kruger

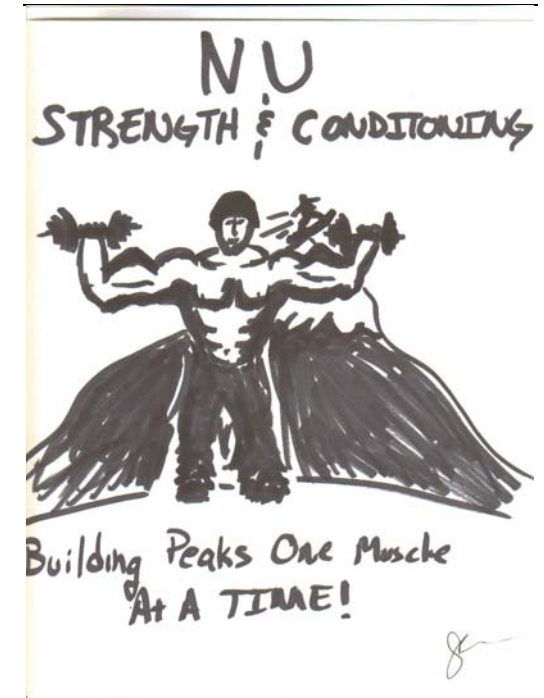
(CSCS certified by NSCA)

Jeff Kruger was hired at Norwich as the Head Strength and Conditioning Coach in July 2006. Kruger came from St Cloud State University where he was a Graduate Assistant responsible for the Division I Men's and Women's Hockey, along with Division II Men's and Women's Tennis, Women's Softball and Soccer. Prior to St Cloud State Jeff Kruger was an intern with the University of Minnesota Strength and Conditioning working with their football program.



Norwich University Fitness Center  
Plumley Armory  
158 Harmon Drive  
Northfield, Vermont 05663  
Phone (802) 485-2693  
E-mail [jkruger@norwich.edu](mailto:jkruger@norwich.edu)

Norwich  
University  
Strength & Conditioning  
Summer Camp  
June 23rd-26<sup>th</sup> 2008  
AGES 13+





## PURPOSE:

This camp will provide athletes an opportunity to learn how to properly perform exercises in order to build strength, core strength (abdominal muscles), running form, speed, agility, and plyometrics. Athletes will be provided a workout at the end of the camp that will include the exercises taught during the camp for the athlete to continue working out post camp.

## Where:

Norwich University- Plumley Fitness Center

## When:

June 23rd<sup>th</sup>-26<sup>nd</sup>

Entering School Grades 9-12: 10 AM-12 PM

Entering 8<sup>th</sup> Grade under: 1 PM – 3 PM

## Cost:

\$80- To be paid in full  
Registration must be submitted by  
Friday June 20<sup>th</sup> , 2008

**\*\*Each age group is limited to 12 participants. First come First serve for participants.**

### Norwich University

The day camp will be held at Norwich University, located in Northfield, Vermont. The University has state of the art fitness facilities as well as plenty of areas to train outdoors.

### Strength & Conditioning Camp Features

Dynamic Warm-Up Techniques

Instruction and practice of proper running mechanics and form

Foot Speed and Agility Drills such as speed ladders, cone agility drills etc.

Strength Training

Plyometric Training

Core/Abdominal Workouts

Group Activities such as Races, Various Sports, etc.

Stretching

Participants will also receive workouts in order to continue to workout after camp

## Application

Name\_\_\_\_\_

Address\_\_\_\_\_

Phone#\_\_\_\_\_

Age\_\_\_\_\_ Grade Entering\_\_\_\_\_

Health Insurance Co.\_\_\_\_\_

Group #\_\_\_\_\_

Policy #\_\_\_\_\_

**All athletes attending camp must be covered by their own family insurance policy. The directors assume no responsibilities for injury or illness. I hereby authorize the directors of the camp to act with their best judgment requiring medical attention.**

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

Mail all applications to:

**Jeff Kruger**

**Norwich University Head Strength and Conditioning Coach**

**158 Harmon Drive**

**Northfield, VT 05663**

**\*\*\*\*Checks written out to  
Norwich University\*\*\*\***