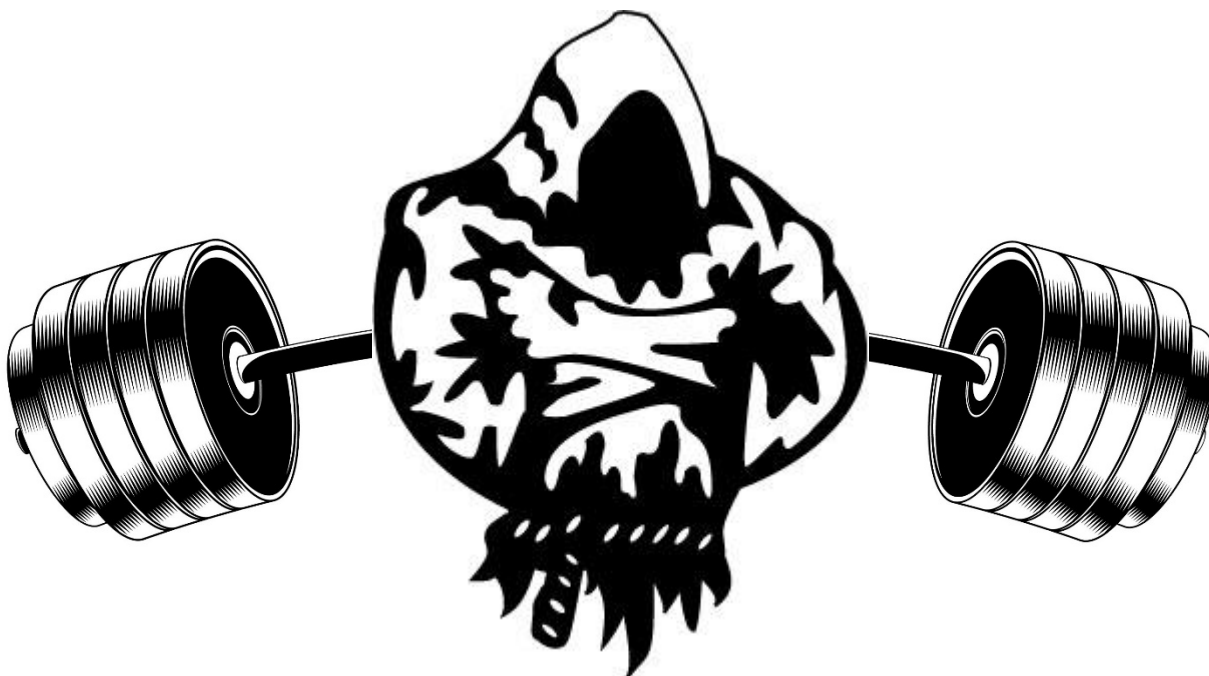


Marcos de Niza High School Strength and Conditioning Camp

Summer 2019



Open to All Students

May 28 – June 27

Monday through Thursday

Session 1 11:00am – 12:30pm

Session 2 1:00pm – 2:30pm (Suggested Session for Incoming Freshman but open to all)

Session 3 2:45pm – 4:15pm

Cost: \$75

Sign-up at: tempeunion.org > go to Department at top and choose Athletics/Activities > select Camps/Clinics on the right side box > click camps/clinics under the programs box > Choose MDN > Register

Contact Skylar Rubalcaba if you have any questions: srubalcaba@tuhsd.k12.az.us

MDN Strength and Conditioning is a summer program designed to help students and athletes develop and improve the physical abilities needed to excel in competition. These include but are not limited to:

1. Flexibility, Mobility, and Balance: Each session will include a dynamic warm-up specific to the training session for the day and drills that promote balance to improve body awareness
2. Speed, Agility, Quickness: Each Session will include a variety of drills and exercises to teach and reinforce proper movement mechanics related to sprinting, jumping, and change of direction to help the athlete be agile and nimble to move in any direction
3. Strength and Power: Each session will include Olympic Lifts and their variations, Power Lifts and their variations, and supporting auxiliary exercises to provide increase the athletes all around strength and power to help them excel in competition
4. Conditioning: Each session will conclude with a specific conditioning emphasis designed with the purpose of increasing the all-around fitness ability of the athlete

MDN Strength and Conditioning

Summer 2019

Weekly Schedule

No Training Monday May 27 on Memorial Day

Week 1 – Tuesday May 28 – Friday May 31

Week 2 – Monday June 3 – Thursday June 6

Week 3 – Monday June 10 – Thursday June 13

Week 4 – Monday June 17 – Thursday June 20

Week 5 – Monday June 24 – Thursday June 27

All training sessions will be designed and conducted by Skylar Rubalcaba. Skylar is the Strength and Conditioning Coach at Marcos de Niza. Skylar is in his first year working at Marcos de Niza and has 6 years of strength and conditioning experience at Division I level. He has worked with elite athletes from every sport and has trained many athletes that were later drafted in the NFL, NBA, MLB, NBA G-League and to other professional leagues in the United States and overseas. Skylar holds a Master's degree in Human Performance, is a Certified Strength and Conditioning Specialist with the NSCA, is a Level 2 Advanced Sports Performance Coach with USA Weightlifting, and holds several other advanced strength training certifications.