



Little Orioles Strength & Speed Camp

The Avon High School Strength & Speed Program is hosting 4 days of one-hour strength and speed workouts for any K - 5th grader. Over the 4 sessions, Little Orioles will experience an age-appropriate camp built on the same standards as our high schoolers: fundamental, foundational, safe, and fun. Different schools. Different grades. All Orioles.

Date(s) | Time(s): Monday – Thursday: 12:30 PM – 1:30 PM | June 15 – June 18

Location: Avon High School Weight Room; **enter through Door #29**

Please wear appropriate workout clothes and shoes to run/jump in, not Hey Dudes or Crocs. We have water fountains, but everyone can bring their own water.

Cost: \$50.00 for all 4 sessions (\$12.50 per session). You can also pay via Venmo at check-in on the first day.

Date(s):	Itinerary:
Week 1: June 15 – June 18	
Monday, June 15	Check-in, Brief Intro, Dynamic, Lower Body Emphasis
Tuesday, June 16	Dynamic, Upper Body Emphasis w/ "Roxanne" Push-up Finisher
Wednesday, June 17	Dynamic, Activation, COD, Speed
Thursday, June 18	Dynamic, Combo, Special Finisher



CPray@avon-schools.org

Craig Ray (left) and Chris Stevenson (right) have been coaching together since the fall of 2013. Whether coaching football, track, or strength & speed, they have built programs around relationships and daring to be different, a style that is a little different from the status quo. Craig became the Strength & Conditioning Coach at Mooresville High School in the summer of 2017; Chris joined him as a full-time strength & speed coach in the summer of 2021. Currently, they run the Strength & Speed Program at Avon High school, a program with close to 700 students.



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Middle School Strength & Speed Camp

The Avon High School Strength & Speed Program is hosting 4 days of one-hour strength and speed workouts for any 6th - 8th grader. Over the 4 sessions, athletes will get a taste of the high school Strength & Speed program, learning basic progressions, movements, cues, and terminology used in the Sports Performance Center. Tailored for middle schoolers but built on the same standards as our high schoolers. Different schools. All Orioles.

Date(s) | Time(s): Monday – Thursday: 12:30 PM – 1:30 PM | June 22 – June 25

Location: Avon High School Weight Room; **enter through Door #29**

Please wear appropriate workout clothes and shoes to run/jump in, not Hey Dudes or Crocs. We have water fountains, but everyone can bring their own water.

Cost: \$50.00 for all 4 sessions (\$12.50 per session). You can also pay via Venmo at check-in on the first day.

Date(s):	Itinerary:
June 22 – June 25	
Monday, June 22	Check-in, Brief Intro, Dynamic, Activation, Lower Body Emphasis
Tuesday, June 23	Dynamic, Upper Body Emphasis w/ "Roxanne" Push-up Finisher
Wednesday, June 24	Dynamic, Activation, COD, Speed
Thursday, June 25	Dynamic, Combo, Special Finisher



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