

MSHS MAVS

Summer

Strength and Speed

Goals

Our strength program works to achieve TOGETHER!



Improving the male & female athlete is a process of continuous proper training.

- Build a respectful culture among multi-sport athletes
- Create intense work-ethic thru large group activity
- Focus on joint health and functional movement patterns to help prevent injury.
- Coordination and change of direction improvement
- Power and endurance strength needed for all athletes.
- Improve self-confidence

Coaches helping to improve all male and female athletes

Coach Pfeifer - Head Football, Co-Head Track	Coach Burke - Football, Co-Head Track
Coach Jackson - Head Boy's Basketball	Coach Hamilton - Head Girl's Basketball, Football
Coach O'Connor - Football, NW Softball	Coach Finck - Football, Basketball, Girl's Soccer
Coach Shelly - Boy's and Girl's Soccer	

**2021 Summer
MSHS Maverick**

**Multi-Sport Strength and Speed Camps
9th - 12th grade**

Maverick Head Coach Brent Pfeifer and other high school coaches will be in attendance to help instruct the athletes.

Dates: Monday thru Thursday 7am - 8:45am

Start Date – Monday June 14

End Date – Thursday July 22 *NO Lifting the week of June 26 - July 5 (kshaa rule)

Location: Maize South High School

(We will meet in the main gym at MSHS-enter from the back parking lot at the SW corner)

Cost: EARLY SIGN UP (prior to June 12) **\$75**

AFTER June 12 = **\$85**

**NO REFUNDS will be given after June 22

JOIN the TEAM APP - for notifications and information

- 1 - Go to the APP Store - DOWNLOAD - the "Team App" (Green background with a "T")
- 2 - CREATE an account
- 3 - SEARCH FOR AN EXISTING APP
- "Maverick Summer Strength" (first selection)
- 4 - BECOME A MEMBER OF THIS TEAM APP
- choose the appropriate group (player,parent)
- 5 - ACCESS REQUEST MESSAGE - "students name"
- 6 - AGREE TO PROVIDE MY MEMBERSHIP DETAILS BELOW TO MAVERICK SUMMER STRENGTH
- turn on
- 7 - ADD YOUR PHONE NUMBER
- 8 - SEND

Online Sign ups



Questions?

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