

**JOHN BURROUGHS**  
**STRENGTH & CONDITIONING**  
**2020 SUMMER CAMP**  
**June 8 – July 31**

Each summer we offer a summer program for fall athletes to prepare for the upcoming season and for those who enjoy the activities associated with overall fitness development. I would like to offer that opportunity for everyone interested in a different format, similar to the Fitness Training offered through canvas this spring, but taken to a higher level. Every week a workout will be sent to you with explanations and videos. You may follow it verbatim, combine two days into one, or modify it as you see fit. It will be geared toward your sport/needs/goals and in consideration of the training equipment you have available to you.

If you have any questions, please feel free to reach out to me. [kkinney@jburroughs.org](mailto:kkinney@jburroughs.org)

Name \_\_\_\_\_ Grade (fall '20) \_\_\_\_\_

Next upcoming sport/activity \_\_\_\_\_

Personal goals \_\_\_\_\_

Check available equipment: \_\_\_dumbbells \_\_\_barbell \_\_\_kettlebells \_\_\_medicine balls \_\_\_stability ball \_\_\_TRX  
\_\_\_slide board \_\_\_strength bands \_\_\_pulley \_\_\_pull up bar \_\_\_swing set \_\_\_jump rope \_\_\_track \_\_\_field

other \_\_\_\_\_

**Student's Email address** \_\_\_\_\_

Make **\$115 check** payable to: **John Burroughs School** (all store card charges were needed by last week)

Because we are not able to go into school for mail, please send this to my home address.

Kevin Kinney

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