

Summer Gym Instructors

Jay Hatleli

- Head Boys Track Coach
- Assistant Football Coach
- Assistant Girls Basketball Coach

Sara Hatleli

- Head Girls Track Coach
- Assistant Cross Country Coach

Brett Larson

- Head Wrestling Coach
- Assistant Girls Track Coach
- Assistant Football Coach

Tim Conboy

- Assistant Boys Track Coach
- Assistant Football Coach

Henry Gerten

- Assistant Wrestling Coach

Jeff Erdmann

- Head Football Coach

Brian Trussell

- Assistant Girls Track Coach
- Assistant Football Coach

Pete Roback

- Assistant Football Coach

Chris Swansson

- Assistant Baseball Coach
- Assistant Football Coach

Dates & Times

Begins: Monday, June 16

Ends: Friday, August 8

Mondays: 7-11:30am

Tuesdays: 7:30-10am

Wednesdays: 7-11:30am

Thursdays: 7:30-10am

Fridays: 7-11:30am

Open 44 Days!

Closed: Friday July 4

Get Your Own BFS Set-Rep Log Book

If you would like your own BFS Log-Rep booklet, please check the box for this booklet on the registration form. This booklet can be used during the summer and the ENTIRE school year.



IRISH



GYM

Champions are Made

2008 Registration Brochure

What is BFS?

The Bigger, Faster, Stronger program improves all aspects of athletic performance, including strength, power, speed, agility and flexibility. The BFS program is the most widely used and comprehensive high school weightlifting program in the United States. It also creates unbelievable intensity and progress in the weight room. The BFS Program is designed to increase athletic performance. It will make our athletes jump higher, run faster, throw farther, hit harder and be more explosive. In short, the BFS Program is perfect for any sport and for any athlete, male or female.

BFS emphasizes athletes making small incremental gains every time they lift. Each day athletes work to break rep records. These small daily gains become significant strength increases over the summer.

Why should YOU participate?

Top 10 Reasons YOU should participate in the Irish Gym Summer Program:

- 1) You only get 1 chance at your high school career – Make the Most out of it.
- 2) You WILL get STRONGER!!
- 3) You WILL get FASTER!!
- 4) Varsity athletes NEED to be strong to compete in the Lake Conference.
- 5) Younger athletes will benefit greatly from developing good lifting fundamentals for their future growth.
- 6) Stronger, better conditioned athletes are less likely to be injured.
- 7) If injured, stronger better conditioned athletes recover quicker.
- 8) Lifting with your teammates challenges you to work harder than you would on your own.
- 9) Learn from your High School Coaches!
- 10) Investing in yourself is ALWAYS a good decision.

PROGRAM CHOICES

The Irish Gym Summer Program offers a variety of programs to allow students to develop their overall strength and athleticism. Please see the descriptions below to choose the proper program for you. Please direct questions to Coach Erdmann at jeff.erdmann@district196.org

10th-12th Grade Male Athletes - \$70

This is a comprehensive program that executes a three days a week BFS weightlifting and speed enhancement program. RHS Coaches will lead this program. The work out intensity and the environment that is created from this program will bring out the best in our athletes. This program will meet Mon/Wed/Fri from 7:30-9:30am.

9th-12th Grade Female Athletes - \$70

This is a comprehensive three days a week BFS weightlifting and speed enhancement program. RHS Coaches will lead this program. Girls looking to prepare for varsity level competition in the Lake Conference will benefit greatly from both elements of this program. Individual growth and improvement is stressed in a fun yet challenging program. This program will meet Mondays (9:30-11:30am) and Tuesdays & Thursdays (8-10am).

9th Grade Male Athletes - \$70

This program is very similar to the 9th-12th grade male program. During the weightlifting part of the program, we spend a considerable amount of time teaching the proper fundamentals of the lifts. As athletes demonstrate they can properly demonstrate lifts, we will allow them to work on gradual strength gains. This group will meet Mon/Wed/Fri from 9:30-11:30am.

Middle School Athletes – Males-\$70 Females - \$50

During the weightlifting part of the program, students will be taught proper fundamentals for the core BFS lifts. A considerable amount of time is spent on teaching proper fundamentals. As athletes demonstrate they can properly demonstrate lifts, we will allow them to work on **gradual** strength gains appropriate for their body size and age. Males will meet on Mon/Wed/Fri from 9:30-11:30am. Females will meet on Tues/Thurs from 8-10am.

RHS Student & RHS Alumni

Any RHS student or alumni (including 2007) looking to be able to lift on their own or use the cardio equipment would choose this program. Instructors are always present to assist students but actual instruction will be limited to times when the various athletic groups are not in. This group has full use of the Irish Gym with one exception - Athletic groups will have priority when using the bench stations, squat racks, and platforms during their time slots.

Registration Form – (Select Grade for NEXT Fall)

Sign up for:	Time	Price
<input type="checkbox"/> 10 th -12 th Grade Male Athletes (BFS) Mon/Wed/Fri	7:30-9:30am	\$70
<input type="checkbox"/> 9 th -12 th Grade Female Athletes (BFS) Mon/Tues/Thurs	Mon- 9:30-11:30 Tues- 8-10am Thurs- 8-10am	\$70
<input type="checkbox"/> 9 th Grade Males (BFS) Mon/Wed/Fri	9:30-11:30am	\$70
<input type="checkbox"/> Middle School Females (BFS) Tues/Thurs	8-10am	\$50
<input type="checkbox"/> Middle School Males (BFS) Mon/Wed/Fri	9:30-11:30am	\$70
<input type="checkbox"/> RHS Student or Alumni	Open Lifting	\$50
<input type="checkbox"/> BFS Set-Rep Log Book	Recommended for 9-12 th Graders	\$5

Grade for the Fall of 2008: _____ Total \$ _____

Name _____

Address _____

E-Mail _____

Phone _____

Make Check Payable to: **IRISH GYM**

Mail Registration to:

IRISH GYM – Summer Program
Attn: Jeff Erdmann
Rosemount High School
3335 142nd St. W
Rosemount, MN 55068

No refunds will be granted after June 20th.

CHAMPIONS are MADE