

8<sup>th</sup> & 9<sup>th</sup> Grade Sports Preparation Camp

Summer 2018

Athletic development is a LONG TERM process, which must begin with a solid foundation. This camp lays the foundation for success in athletics throughout high school sports.

We aim to develop the general fitness of the athlete and introduce/instruct the speed/power/flexibility/resistance training exercises used in the high school program and provide a launch point for incoming freshman to be ahead of their peers on the field and in the offseason program, through workouts designed to fit their age and developmental level.

Former camp members include college athletes in; Football, Basketball, Track, Soccer, Baseball, Softball, and Volleyball athletes.

Schedule:

June 11-July 13 (OFF July 2<sup>nd</sup>-6<sup>th</sup>) (16 Sessions)

7:00-8:15am(M,T,R,F)

Cost: \$110 Athletes will meet at the BEHS track.

Head Coach: Brendan Gonring: [gonringb@elmbrookschools.org](mailto:gonringb@elmbrookschools.org)

Send Entry Form/Payment To:

Brookfield East High School

C/o Brendan Gonring

3305 N. Lilly Rd

Brookfield, WI 53005

Make Checks Payable: Jr Spartan Basketball - Brendan Gonring

---

Athlete Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Grade Entering: 8 9 T-Shirt Sizes (adult): S M L XL 2XL

Parent Signature: \_\_\_\_\_

Staff:

Brendan Gonring

BEHS: Head Physical Preparation Coach, Football Defensive Coordinator, Assistant Head Track and Field Coach

University of Pittsburgh: Football Physical Preparation (2009-2010)

Certified 'Strength and Conditioning' Specialist (NSCA: CSCS), Youth Fitness Specialist (IYCA: YFS-1)

Brendan is an East graduate. He played football and received a degree in exercise science from Carroll College. Brendan served as a volunteer for the University of Pittsburgh's football program, where he worked with multiple all Americans (3), NFL draft picks (9), and current/former NFL Players.

Cameron Gonring

BEHS: Assistant Physical Preparation and Varsity Football Coach

Cameron is an East graduate who is currently pursuing a degree in physical education from Carroll University. In the past 3 years Cameron has coach youth, freshman, and varsity football, basketball, and coached ALL BEHS athletes in every aspect of Speed, Power, Strength, Flexibility, and Fitness.

Joe Rux

BEHS: Head Boys Basketball Coach

Coach Rux will be entering his 3<sup>rd</sup> season as head basketball coach at East. Prior to BEHS Coach Rux was head coach at Roncali HS.

Jeff Ferguson

BEHS: Assistant Football, Track & Field, and Head Frosh Boys Basketball Coach

Coach Ferguson is back at East working with football, basketball and track. In the past Coach Ferguson has served as head girls Track & Field coach at BEHS, and coached at University School Milwaukee.