



## Zeeland East EDGE

The EDGE is a positive and intense summer speed, agility, and strength program. The EDGE is designed and run by Zeeland East coaches to help our athletes prepare for their upcoming sports season. The EDGE is designed to make all participants better athletes, regardless of the sports they participate in. It combines speed & agility work with a highly successful strength program. The Zeeland East EDGE program is a summer conditioning program. This marks the 17th year that the Zeeland East athletic staff will host The EDGE. It has exploded from a four-week program that met twice a week in 2007 to a five-week program that meets three times a week.

This year the program will run Monday, Tuesday, and Thursday. Each session will include strength, speed, and agility work taught and developed by Zeeland East Coaching staff. This summer will incorporate our Chix Power Olympic weight lifts, Tsunami lifts, Plyometric training, and cutting-edge speed and agility drills. **Checks should be made to: Zeeland East EDGE.** Forms can be turned in to the Cityside Office or East Athletics Office. All questions can be directed to Coach Heald at [cheald@zps.org](mailto:cheald@zps.org).

**EDGE cost: \$100**

**Drop off and pick up will take place in the athletic parking lot closest to Riley street. Athletes will meet in the hallway between the aux and main gym.**

### EDGE Session Dates & Times

**Monday/Tuesday/Thursday - June 10 - June 27 & July 8 - July 18**

\*The Edge includes 15 total training sessions and a t-shirt\*

**High School Boys and Girls Grades 9-12 (Two Groups) 8:00 AM - 10 AM**

**Middle School Boys and Girls Grades 6-8 (Two Groups) 10 AM - 12 AM**

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## **ZEELAND EAST EDGE REGISTRATION**

Athlete's Name \_\_\_\_\_

Grade in Fall 2024 (circle one) 6 7 8 9 10 11 12

Parent Email: \_\_\_\_\_

Parent Home/Cell \_\_\_\_\_ Athlete's Cell \_\_\_\_\_

T-Shirt Size (adult sizes, circle one) S M L XL XXL

I certify that my child is in good health and able to participate in all athletic events. I hereby release the camp and its coaches from injuries incurred during the EDGE. I delegate the coach to seek and obtain any necessary medical care and treatment in the best interest of my child's health.

Parent or Guardian Signature:

X \_\_\_\_\_



OFFICE USE ONLY

\$100 PD: \_\_\_\_\_