



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 nationally recognized summer conditioning program. This marks the 16th 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 nationally recognized Zeeland East Coaches. This summer will incorporate our Chix Power Olympic weight lifts, Tsunami lifts, Nike Sparq training, and cutting-edge speed & agility drills. **Checks should be made to: Zeeland East Edge.** Forms can be turned into the Cityside Office, East Athletics Office, or Coach Draeger. All questions can be directed to Coach Draeger at ldraeger@zps.org.

This year's EDGE is just \$100.

Due to construction drop off, pick up and parking will be located at the stadium's west/home side parking lot.

EDGE Session Dates & Times

Monday/Tuesday/Thursday - June 12 - June 29 & July 10-20

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

Boys - Grades 9-12 7:00 AM - 8:45 AM

Girls - Grades 6-12 (Two Groups) 8:45 AM - 10:30 AM

Boys- Grades 6-8 10:30 AM - 11:45 AM

ZEELAND EAST EDGE REGISTRATION

Athlete's Name _____

Grade in Fall 2023 (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: _____