Jacksonville University

Jacksonville University Strength, Speed, and Agility Youth Clinic

- The Jacksonville University Strength and Conditioning Staff invites you to participate in a 1-day clinic designed to teach you the techniques of strength training, speed development, and agility training.

- The clinic will be conducted by the JU Strength and Conditioning Staff

- Sessions will include lunch and pool time

Jacksonville University Weight Room

Jacksonville University Strength, Speed, and Agility Youth Clinic

About Us

Andrew Bates
Head Strength and Conditioning Coach
Football, M/W lacrosse, M Basketball

Courtney Nicholson
Assistant Strength and Conditioning Coach
Softball, W Soccer, Volleyball, W Rowing, Track and Field, Cross Country

Tim Boeni
Assistant Strength and Conditioning Coach
Baseball, W Basketball, M Rowing

Jon McNemar
Graduate Assistant Strength Coach

Contact Us
Phone: 904-256-7713
Email: cnichol12@ju.edu
Web: judolphins.com

JACKSONVILLE UNIVERSITY YOUTH STRENGTH CLINIC

July 18th (female) and July 19th (male) 9-4pm.
Camp Information

Date/Times:
- July 18th 9-4pm (females only)
- July 19th 9-4pm (males only)
- Grades 6-12
- All sports welcome

Location:
Jacksonville University Weight Room
2800 University Blvd N JAX, FL 32211

Cost
- $50 pre-registration
- $60 at door
- $5 Early drop off/late pick up
- Lunch, pool, and snacks included in cost

“Champions are made when the stands are empty.”

Camp Details
Each athlete will receive coaching on basic weight room technique, speed/agility technique, and workout design from the JU Strength and Conditioning Staff.

Athletes will use the weight room, turf, and grass fields. Tennis shoes required (rubber cleats optional). Bring swimsuit, pool towel, sunscreen, water bottle, and change of clothes.

All are welcome, as athletes will be split up by age and experience level.

Contact for registration/questions:
Courtney Nicholson
904-256-7713
cnichol12@ju.edu

Tentative Schedule
**Subject to change**
9-9:45am Speed Training
10-10:45am Strength Training
11-11:30am Group Activity
11:30-12:15pm Lunch Break
12:30-1:30pm Pool
2-2:45pm Agility Training
3-3:45pm Strength Training
3:45-4pm Q&A