

# ELITE FUTURE STARS-SPEED & STRENGTH CAMP

WESTON PARKS & RECREATION - SUMMER 2017

**Boys and girls Grades 9-12**

## REGISTRATION

Future Stars registration will begin March 11th beginning at 4 P.M. ([www.westonct.gov](http://www.westonct.gov))

Tuesday & Thursdays

- WK 1: 7/11 & 7/13
- WK 2: 7/18 & 7/20
- WK 3: 7/25 & 7/27

4:30-6 P.M. Weston Middle School Front Field

**Drop in's welcome— bring your friends!**

Price: \$100/week

OR \$285 for three weeks

## CAMP DIRECTOR:

Coach Shaun Harrington has over 20 years as a strength & conditioning coach and consultant. Coach Harrington has worked with countless athletes at all levels of competition (youth, high school, national level, collegiate, Olympic, NFL, NBA, MLB, NHL, Track & Field, Alpine skiers etc.) to improve their overall conditioning and athleticism. He's a former college strength and conditioning coach as well. Coach Harrington is a Strength and Conditioning Specialist (CSCS), a member of the Collegiate Strength and Conditioning Association (CSCCA), USA Track n Field and USA Weightlifting. He also is a Certified Speed and Agility Coach through Athletes Acceleration.

Currently he acts as the director of the Total Performance Training at I.S.T Sports in Norwalk. Here he specializes in Junior High, High School and Elite level college athletes. Coach Harrington runs team workouts, camps and clinics for all athletes to prepare them for the next level. He also works 1n1 with athletes. He has speed, strength and agility camps in Colorado, Massachusetts and currently in Connecticut where he lives now with his wife and two kids.



## CLINIC CONTENTS:

Elite Future Stars group-training program ensures individual attention for maximum results.

Cutting edge programming will lead to an increase vertical jump, strength, agility, flexibility and overall speed, while decreasing the risk of injury; best of all having fun while doing the work! . The goal is to optimize athleticism. **This clinic is a great option for students looking to get into sports, the high school student looking to make varsity or the elite athlete looking to play in college. This program enhances all abilities, sports, and first timers looking to build a foundation and do things the right way.**

Campers will also develop an understanding of why they're doing what they're doing. The class includes exercises and training sheets that campers can take home to work on year round!

Questions should be directed to Coach Harrington:  
[canyons52@gmail.com](mailto:canyons52@gmail.com)

Weston Parks & Recreation

P.O. Box 1184 or 47 Norfield Rd. Weston, CT 06883

[www.westonct.gov](http://www.westonct.gov) (203)222-2655