

## Camp Staff

The camp is staffed by an elite group of coaches with a track record of preparing athletes for success. Athletes will receive top notch coaching. Proper form, technique and skills will be taught and safety will always be stressed.



# WDS

**Weights, Drills, and Skills Camp**

Beachside High School  
200 Great Barracuda Way,  
St Johns, FL 32259

Email: [joseph.cataldi@stjohns.k12.fl.us](mailto:joseph.cataldi@stjohns.k12.fl.us)

# WEIGHTS DRILLS SKILLS

**When:**  
June 3rd-July 25th  
Monday, Tuesday, Wednesday, Thursday

**Time:**  
7:30am-10:30am



## Program Design

Players will be coached and taught proper footwork, techniques, as well as position specific drills and skills to become bigger, stronger, and faster. The program will help participants develop into a better all around athlete, improve strength, speed, and mental/physical toughness.

## Daily Schedule

Each day athletes will begin camp with a warm up. Participants will complete various weight lifting exercises to improve strength, power, and explosiveness. In addition, participants will engage in position specific drills and skills workouts to improve technique.



## Facilities & Equipment

The Beachside Athletic Complex:  
State of the art Weight Room  
The Beachside HS Track  
Athletic Fields  
Speed/Strength Equipment  
The Beachside HS Gymnasium

## Schedule

When:  
June 3rd-July 25th  
Monday, Tuesday, Wednesday, Thursday

Time:  
7:30am-10:30am

## What to Bring

Campers should wear neutral or school color workout clothes (t-shirt, shorts, running shoes) and bring cleats. All participants must bring a personal water bottle that is labeled clearly with their name.

## Physicals/Registration

All camp participants must have a current athletic physical and register via [Athleticclearance.com](https://www-bhs.stjohns.k12.fl.us/athletics/)

Information found on:  
<https://www-bhs.stjohns.k12.fl.us/athletics/>

## Registration Form

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

Parent/Gaurdian Name(s):\_\_\_\_\_

Address:\_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Grade Fall '24:\_\_\_\_\_

Date of Birth:\_\_\_\_/\_\_\_\_/\_\_\_\_

**Camp Cost: \$150 for the entire summer**  
Includes camp t-shirt. Payable via cash, check, Venmo or Zelle. Include athlete name when sending via Venmo or Zelle. Please make checks payable to Green Wave FC LLC.

### Method of Payment

- ☐ Check (# \_\_\_\_\_ )  
☐ Cash  
☐ Venmo - send to @**Green-Wave-22**

### Disclaimer:

I as a parent guardian, hereby give permission for my child to participate in The Weight, Skills, and Drills Camp. I acknowledge the fact that he is physically able to participate in camp activities. I authorize the directors of the camp to act for me according to their best judgment in any emergency requiring medical attention. I acknowledge that I will be responsible for any cost (through family medical insurance or other-wise) due to sickness or injury to my son. I hereby waive any claim I might have against The Weights, Drills and Skills Camp and the institution providing the facilities.

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**Return with payment to Coach Cataldi or Christy Beebe in the Athletics Office**

(Detach along the line and return with payment)