

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

WEIGHTS DRILLS SKILLS

When:
June 8th-July 23rd
Monday, Tuesday, Wednesday, Thursday

Time:
8:00am-10:45am



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

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Time:
8:00am-10:45am

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.

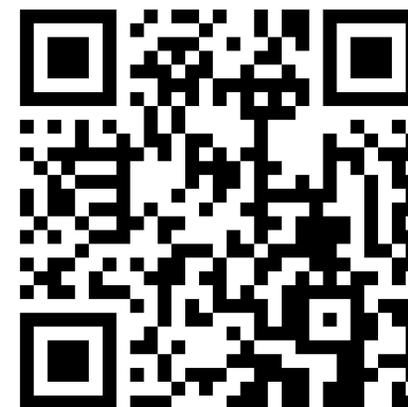
Physicals/Registration

All camp participants must have a current athletic physical and register via Athleticclearance.com

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

Registration

Scan the QR Code below for registration information!



Camp Cost: \$200 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.

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.