

Black & Gold SPS 2023



What: Strength, Power, and Speed Training (weights, plyos, agilities, etc.)

Who: ACHS and ACMS **Boys**, Grades 6-12

When: SEE PAGE 2 FOR SCHEDULE – STARTS JUNE 5th

Bring your own water bottle
labeled with your name!

WHERE: ACHS (9-12) and ACMS (6-8) Weight Rooms

ACHS Weight Rm (9-12) / Jaguar Stadium (603 E. Central Ave.) – Enter WEST doors to Gym A

ACMS Weight Rm (6-8) / Jaguar Stadium (903 E. Central Ave.) – Enter SW doors to building

NOTES: ***Workouts are designed for ALL athletes, not just those of one sport.

Payment:

- PLEASE FILL OUT AND RETURN “REGISTRATION” PAGE.
- \$75 Cash or check payable to “Black and Gold”
- REQUIREMENT: INCLUDE FULL NAME OF KID WITH PAYMENT MEMO
- On or before **Wed., May 23** - Mail or drop off at ACHS, c/o Coach Tuttle, 603 E. Central, Andover, KS. Or bring on first day if early registration/payment is an issue.

COMMUNICATION: To sign up to receive any updates/cancellations, etc.

9th gr ACHS Boys (NON-Football) & Parents should text: @achs9t to 81010

10th-12th gr ACHS Boys (NON-Football) & Parents should text: @a4ka4c to 81010

ACMS Boys & Parents should text @8dehh3h to the number 81010 (only NEW ACMS parents, such as move ins or 6th grade parents)

Phone in ACHS weight room: (316) 218.4700 ext. 32813 (don't leave a message)

Message Coach Tuttle: tuttled@usd385.org or on the Remind group app

Coaches: Derek Tuttle, Head ACHS Football; Asst. MS Boys & Girls Track

Dean Taylor, HS PE/Weights; Asst. HS Football, Asst. MS Basketball, Asst. HS Baseball

Aren Coppoc, HS PE/Health/Weights; Asst. HS Football, Head HS Boys & Girls Track

Levi Wyrick, Head ACMS Track, Asst. HS Football, ACMS Weights Teacher

Black & Gold SPS Rules –

- 1) Do what's right,
- 2) Do your very best,
- 3) Treat others as you want to be treated

80% Attendance Rate – Qualifies athletes for the “Linda Wells Athletic Achievement Award

Monday thru Thursday	Location: ACHS	Location: ACHS	Location: ACMS
Dates	Grades and Times	Grades and Times	Grades and Times
June 5	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
June 6	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
June 7	10 th – 12 th 6:30 AM	9 th 8:00 AM	OFF
June 8	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
June 12	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
June 13	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
June 14	10 th – 12 th 6:30 AM	9 th 8:00 AM	OFF
June 15	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
June 19	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
June 20	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
June 21	10 th – 12 th 6:30 AM	9 th 8:00 AM	OFF
June 22	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
June 26	10 th – 12 th 6:30 AM	OFF	6 th -8 th 7:30 AM
June 27	10 th – 12 th 6:30 AM	OFF	6 th -8 th 7:30 AM
June 28	OFF	OFF	OFF
June 29	10 th – 12 th 6:30 AM	OFF	6 th -8 th 7:30 AM
July 3	OFF *	OFF *	OFF *
July 4	OFF *	OFF *	OFF *
July 5	OFF *	OFF *	OFF *
July 6	OFF *	OFF *	OFF *
July 10	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
July 11	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
July 12	10 th – 12 th 6:30 AM	9 th 8:00 AM	OFF
July 13	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
July 17	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
July 18	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
July 19	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
July 20	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
July 24	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
July 25	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
July 26	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM
July 27	10 th – 12 th 6:30 AM	9 th 8:00 AM	6 th -8 th 9:30 AM

Black & Gold SPS Schedule

Workouts = approximately 60-75 min.

For 6th – 12th Central Boys

Parents – KEEP THIS SCHEDULE!!

**NOTE: July 4 – July 10 is a state-mandated (KSHSAA) moratorium for all sports and training*

**NOTE: July 3 – July 9 is a state-mandated (KSHSAA) moratorium for all sports and training*

Conflicts?** We do our best to avoid conflicts with other Jaguar summer sports camps. However, kids are welcome to come to part of a weights workout and then go to their camp, or vice versa, if there is some overlap. **Kids should communicate to their SPS coaches in these instances.

Black & Gold Summer SPS Registration Form for 6-12 BOYS 2023



Please fill out this form and return it with payment
on or before May 23rd. Late registration: bring on first day.

*Remember: 1) This activity, as always, is **VOLUNTARY** for students in Andover Central schools.*

Boy's Name: (PRINT) _____

Grade in 2023-2024: (circle one) 6 7 8 9 10 11 12

Parent(s) Name(s): _____

Parent Cell Phone: _____ - _____ - _____

Student Cell Phone: _____ - _____ - _____

Payment: (circle one)

Check (Made out to "Black & Gold") - **INCLUDE BOY'S NAME IN MEMO!**

Cash – **INCLUDE BOY'S NAME ON ENVELOPE**

* \$75 for entire summer – Last day is July 27

* More than one student athlete in your family? Then it is \$50 per kid.

* Contact Coach Derek Tuttle if you have questions or concerns about payment by May 23.

tuttled@usd385.org

* Use **Remind App**—See p. 1 to sign up (announcements/communication). **If you do not sign up for Remind texts, I have no method to communicate with you about cancellations, updates, etc.**

I hereby grant permission for my child, _____, to participate in the BLACK & GOLD STRENGTH & CONDITIONING, directed by Derek Tuttle and assisted by certified ACHS teachers. My child has not suffered any injuries or illnesses in the past that would make participation in this training a risk. I further authorize the staff of this camp to act for me in case of any medical emergency because of injury or illness to my child. I acknowledge that I am aware that participation in this camp will require physical activities of a nature which could result in injury or illness to a participating camper notwithstanding the absence of fault on the part of the camp or its staff. *This is not an Andover Unified School District 385 sponsored program or activity. Approval to distribute flyers does not imply endorsement. USD 385 accepts no liability or responsibility for this program/activity. As such, the participants are subject to the rules and guidelines that the coaching staff establishes, not the school district.* The coaching staff has explained the particular activities to my satisfaction, and I am hereby authorizing my child to participate in these activities.

Signature of **Parent/Guardian**

Date

Priorities for our Strength, Power, and Speed (SPS) program:

- 1. SAFETY and TECHNIQUE**
- 2. To BUILD TEAM UNITY – training with team mates will exponentially increase our success, technique, and chemistry**
- 3. To peak the four athletic indicators: SPEED, AGILITY, POWER, ENDURANCE**
- 4. FITNESS – PHYSICAL (injury prevention) and MENTAL (psychological)**

“In athletics it is about putting more force against the ground in less time.”

- o Tom Cross, former Strength & Conditioning Coach, Mid-America Nazarene University

Program Goals:

- 1. 80% or better participation of ACHS team athletes in summer weights attendance**
- 2. 100% of ACHS team players lifting during the school year in weights class**

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