

Bomber Athletic Development Program

(B.A.D.) 15th Year

Drop In Registration

Register @ RHS on Wednesday May 21st between 5:30-7:00PM
in Art Dawald Gym or with the bookkeeper (after May 21st).

****You may register on your first day of BAD, but we encourage you to register early!!!**

Program Description

Bomber Athletic Development is a comprehensive athletic development program for both male and female student-athletes ENTERING grades 6-12 in the Richland School District. This program is **neither gender nor sport specific** and will focus on enhancing each student's strength, speed, agility, and overall health and fitness through a variety of exercises and techniques approved by the American Medical Association and the National Strength and Conditioning Association. Some of the numerous benefits of this program include: injury prevention, increased strength and speed, development of a disciplined work ethic, improved self-esteem, etc. BAD has been in existence since 2000 and has benefited well over 3000 athletes.

Instructors

Earl Streufert- Coach Streufert is certified by the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist since 1994. He is the Head Boys Basketball Coach at RHS and currently teaches Physical Education.

*Kevin Norris-*Coach Norris has been involved in the BAD program for 3 years and currently teaches health and coaches at football, basketball, and golf at Richland High School.

*Wes Mason-*Mr. Mason is a graduate of Eastern Washington University and joins the BAD program this year. He currently coaches football and teaches History at Richland High School.

Schedule

BAD will meet Monday-Thursday for 7 weeks each summer. Three separate sessions will be offered daily from June 23rd -August 7th.

Session 1-High School (entering grades 9-12)	7-8:30 AM
Session 2-Middle School (entering grades 6-8)	8:30-9:30 AM
Session 3-High School (entering grades 9-12)	9:30-11:00 AM

(9:30-11:00 session will run as long as enough students participate)

Cost

\$50.00

Scholarships are available for student-athletes in need. Contact Coach Streufert for more information. If you have any questions about this program, don't hesitate to contact me.

Earl Streufert, Certified Strength and Conditioning Specialist

Cell: 509-531-5089

e-mail: Earl.Streufert@rsd.edu

***To register, each athlete must:

- 1) have a current physical (good for 1 calendar year)
- 2) complete an BAD Profile Sheet (available at RHS)
- 3) pay the \$50 fee. Checks payable to RSD.