

B.E.A.S.T Camp

(Beginners Enhancement of Agility, Strength, and Speed Training)

B.E.A.S.T. Camp / Nate Thomas
3710 S Jefferson Ave
Springfield, MO 65807
816-916-1451

Beginners Camp
All Current 5th, 6th, & 7th Graders
June 1st – June 24th
Monday/Tuesday/Wednesday
12:00-1:00 pm
Kickapoo High School

Camp Features

This summer we will again be offering an introductory 4-Week session that will teach the basics of Weight Room Movements and Speed and Agility. Beginners Enhancement of Agility, Speed, and Strength Training or B.E.A.S.T. is a 4-week course that will be offered to both male and female athletes who will be currently in 5th thru 7th grade(s) that have a desire to compete and excel in all sports & clubs during their Middle and High school years. Training sessions will meet every Monday, Tuesday, and Wednesday from 12:00 – 1:00 p.m., beginning June 1st and ending June 24th.

Due to Memorial Day we will begin on Tuesday.

June 1 and the last week finish on Thursday June 24th to reach our 12 sessions.

All sessions will focus on the core components of Functional Athletic Development: Core Strength, Functional Strength, Power, Strength & Speed Endurance, Linear Speed, Agility, Flexibility, Recovery, and Progressive Evaluations. Other aspects of the program that will be included are: Team Building Activities, Leadership Training or K Life as we call it with the focus around Accountability, Trust, Identity, Integrity, Work Ethic and Respect, and finally Sports Nutrition Education.



B.E.A.S.T Camp Registration

Camp Director: Nate Thomas

_____ B.E.A.S.T. Camp
\$90.00 if Paid in Cash
\$100 if Paid by Check

Checks Payable: **Kickapoo BEAST Camp**

Parent or Guardian: _____

Cell Phone: () _____

Home Phone: () _____

Name (Last) (First) (MI)

Mailing Address City Zip

Age Birth Date Current Grade

Email: _____

T-Shirt Size (Adult Sizes)

_____ Small

_____ Medium

_____ Large

_____ XL

Medical Release & Insurance Verification

Any Medical Conditions

Release to treat in medical situation with normal effort to contact parents.

Signature: _____

Date: _____

Refusal to treat without parent notification.

Signature: _____

Date: _____

Insurance Company Policy Number

WAIVER OF LIABILITY: I am sending my child to participate in this camp understanding the normal inherent risks for this type of activity. Springfield Public Schools and camp personnel will not be held liable in case of injury or harm sustained at the camp.

Signature: _____

Date: _____

Emergency Contact

Name: _____

Phone: () _____

Physician: _____

Phone: () _____

Camp Director

Nate Thomas – Strength and Conditioning Coordinator/Head Football Coach at Kickapoo High School

Bio – I have been the Strength and Conditioning coordinator for one of the biggest schools in the Kansas City area as well as Marshfield high school and now here at Kickapoo in Springfield. I am very passionate about coaching all athletes. I use research based programs to give the athletes I train an edge on the courts and out on the fields. If your son or daughter wants to reach their full potential in their given sports, the B.E.A.S.T. program is a must!

Results of Strength and Conditioning Coordinator in Liberty:

- Over 430 personal records broken.
- 800+ pounds of muscle mass added to athletes.
- Trained multiple D-1 athletes. Wide Receiver Marcus Lucas who played at Mizzou and is now on the Carolina Panthers roster. Jake Francis is the starting fullback for the three time FCS D-1 National Champion North Dakota State Bison.

Results of Strength and Conditioning Coordinator at Kickapoo:

- 642 personal records broken.
- 9,770 pounds added to maxes
- 59.4 pounds added to lifts per athlete in first semester.

Qualifications:

- Head Strength and Conditioning Coach at Kickapoo High School.
- Head Football Coach
- Former 13 year assistant Varsity Boy/Girl Sprint Coach at Liberty.
- Helped produced 26 All-State Sprinters at Liberty High School.
- Director of Athlete Development Program for Off-Season athletes.
- Multiple years' experience coaching both boys and girl athletes at the varsity level.

Coach Thomas Quote:

"This is my chance to give back to our young student-athletes prior to them attending high school across the Springfield area. This camp allows me to plant the seed and emphasize the importance of functional strength training, flexibility, agility, and most importantly leadership qualities in our future high school athletes. It is my hope that taking part in our B.E.A.S.T. program will allow your kids the opportunity to confidently compete within their given sports at the highest level possible. I look forward to working with your son/daughter and giving them the tools they need to help become dominant in each of their future endeavors!"

~ Nate Thomas – Camp Director