



CATHOLIC CENTRAL

FALL 2025 MIDDLE SCHOOL STRENGTH & CONDITIONING CAMP

CAMP
COST
\$120

Questions?

Please email:

adamnelson@grcatholiccentral.org

CAMP DETAILS



**Monday &
Wednesday
6-7 PM**



**Open to all young
athletes currently
in 6-8th grade in
Fall 2025**



**Starts Oct 27 (M) and
ends Dec 10 (W)
Off Nov 24-28,
(Thanksgiving)
(6 weeks, 12 sessions)**

Camp Focus

- ✓ Movement Skills
- ✓ Speed and Agility Training
- ✓ Strength and Power Development
- ✓ Performance Education

**Catholic Athletic Trail
2770 Knapp ST NE
Grand Rapids, MI 49503**

About Coach Nelson MS, CSCS, SCCC, USAW-1

Coach Adam Nelson has been the full-time Strength and Conditioning Coach at CC for 6 years. He has 10 years of full-time Strength and Conditioning experience, with time spent in the college, high-school, and private training spheres. Prior to CC, he worked as a Strength and Conditioning Coach at Old Dominion University and Michigan State University, as well as obtaining his Master's in Kinesiology from MSU.

Coach Nelson is certified as a Strength and Conditioning Coach through the National Strength and Conditioning Association, the Collegiate Strength and Conditioning Coaches Association, as well as the United States Weightlifting Association. He is also a member of the National High School Strength and Conditioning Coaches Association. He was voted by his peers as the 2023 NHSSCA State of Michigan Coach of the Year.

SCAN HERE
TO REGISTER!

