

# Broomfield High School Strength and Conditioning Summer 2022

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The BHS Strength and Conditioning program is offered to all Broomfield High School athletes, and students that are incoming freshmen through seniors, over the summer months. We offer many different programs to meet the needs of all of our student-athletes based upon both age and commitment level. The goal of our Strength & Conditioning Program is to provide students- athletes the best opportunity to improve their athletic performance over the summer months and to decrease injuries during athletic competition. Athletes will train safely, consistently, sensibly, and be motivated by other teammates as well as by members of the Eagle Coaching Staff.

## Staff

**Jim Zechmann**  
*Director of Strength and Conditioning*  
*NSCA CSCCa USAW-1 MA,MS*  
*Assistant Football/Head Wrestling*

**Blair Hubbard, Head Football Coach MA**  
*Co-Director of Strength and Conditioning*

**Jake Watt**  
*Assistant football/Wrestling Coach*

**Justin Susuras**  
*Assistant Football Coach*

## June 6th- July 28th

Session 1– 0645am-0830am (Varsity/ JV Football)

Session 2– 8:30am-10:00am (Freshman Football)

Session 3- 10:00am-11:00am (Boys & Girls Basketball, Volleyball, Soccer)

Session 4– 11:00am-12:00pm (All other sports)

\*All sessions are weekly Monday-Thursday. If time conflict arises please contact Coach Zechmann at 720.839.5151 or email [james.zechmann@bvsd.org](mailto:james.zechmann@bvsd.org).



## EAGLE STRENGTH AND CONDITIONING

The mission of the Broomfield Strength & Conditioning program is to provide the student-athlete with the ability to perform at the highest level possible for his or her sport(s) during their high school career. This will be accomplished by helping the athlete be at his or her best physically and mentally so they can be as competitive as possible. Strength training, cardiovascular endurance, speed training, flexibility and agility along with nutritional consultation are our focus. All the aspects put together will help the athlete perform at a higher level and help in preventing injuries so that they can be competitive in their sport(s). The Broomfield Strength & Conditioning programs goal is to ensure that the benefits that they gain from the program are life long. Our hope is that every athlete that passes through our program, gains the knowledge of a good and healthy lifestyle to help them become better students, athletes, and members of society.

The cost of the program will be \$75 for the entire summer for all participants. Payments are accepted online with RevTrack on the BRH Athletics Store or checks made out to Broomfield High School. You may access this by going to the Athletics tab, clicking on Registration and Fees, under the Athletic Fees tab clicking on "Visit the Athletics Store here (Revtrak)", then click on Summer Strength and Conditioning link on the BrHS website. Print off a copy of receipt and bring it into the main office along with the required completed district forms prior to participation. Included in the cost (Non-refundable) - 1) Eagle Power T-Shirt (For Athlete's that have 75% attendance for the summer) 2) Use of the weight room during Strength & Conditioning hours. 3) Instruction and motivation from qualified coaches who are directly involved with BrHS athletics.

Student Information: Name \_\_\_\_\_

Shirt size \_\_\_\_\_

Student grade level 2021-2022 School Year (9-12) \_\_\_\_\_

Sports participated in: Fall \_\_\_\_\_ Winter \_\_\_\_\_ Spring \_\_\_\_\_

Session Athlete will be attending: \_\_\_\_\_

Emergency Contact name and phone number \_\_\_\_\_

Student information form, ER form, along with the fee must be turned into BrHS main office (attention Coach Zechmann) prior to participation. Please staple checks to the forms or put it in an envelope with the athlete's name or you may choose to pay online through RevTrak on the BrHS school store (attach receipt). THANKS!

**PLEASE ALSO FILL IN DISTRICT MANDATED FORMS ATTACHED: Thank you!**



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