



WARRIOR

SPORTS PERFORMANCE CAMP



THE WARRIOR ATHLETIC DEPARTMENT IS PROUD TO ANNOUNCE THE RETURN OF THEIR SPORTS PERFORMANCE CAMP THIS SUMMER! THIS IS INTENDED FOR ALL MIDDLE SCHOOL ATHLETES WHO WANT TO WORK ON THEIR OFF THE FIELD TRAINING AND PREPARE FOR HIGH SCHOOL ATHLETICS. IF YOU WANT TO PLAY LIKE A WARRIOR, COME AND TRAIN WITH THE WARRIORS!

#WARRIORSTRONG

GENERAL INFORMATION:

AGE GROUP: 6-8th Graders

DATES: Camp will run Tuesdays/Thursdays for 3 weeks. (5/28, 5/30, 6/4, 6/6, 6/11, 6/13)

TIME: 5:00 - 6:30 PM

LOCATION: Our Lady of Lourdes HS

PRICE: \$250 (T-Shirt & Water Bottle Included)

For more information and to register your child,
scan the QR Code below!



QUESTIONS?

Contact: Associate AD, Rich Curran
curranr@ollchs.org

Athletic Trainer, Miles Hansen
hansenm@ollchs.org



Our Lady of Lourdes High School
131 Boardman Road
Poughkeepsie, NY 12603



**** All registrations for camp must be processed through the OLL website [ollchs.org].****

ABOUT CAMP

The Warrior Sports Performance Camp is focused on helping young athletes enhance their speed, agility, explosion, and fundamental athletic movements, while working on injury prevention and introducing the building blocks of training for high school athletics. The sessions will be split in half with weight room and speed/agility portions to ensure we assist in developing the full athlete.

The camp will take advantage of the \$1.8 million dollar renovation OLL made to its weight room, turf field, and gymnasium. Your child will be able to learn and grow in one of the premier high school facilities in the area with an experienced staff that has assisted in building championship caliber sports programs.



CAMP STAFF



MILES HANSEN

CO-DIRECTOR

OLL ATHLETIC TRAINER

COACH HANSEN, A DUTCHESS COUNTY 40 UNDER 40 AWARD WINNER AND FORMER COLLEGE ATHLETE, HAS BEEN A PILLAR IN THE OLL ATHLETIC DEPARTMENT FOR OVER FIVE YEARS RUNNING TEAM WORKOUTS AND ALSO MAKING SURE STUDENT-ATHLETES RECOVER PROPERLY IN THE TRAINING ROOM. SINCE COACH HANSEN HAS JOINED THE WARRIOR FAMILY WE HAVE SEEN SPORTS INJURIES CONTINUE TO DROP AND SUCCESS SKY ROCKET WITH HIS IMPLEMENTATION OF INJURY PREVENTION EXERCISES. AS A TRAINER, COACH HANSEN WORKS WITH MANY OF OUR FORMER LOURDEANS AS THEY PROGRESS THROUGH THE COLLEGE RANKS!



RICH CURRAN

CO-DIRECTOR

OLL ASSOCIATE ATHLETIC DIRECTOR

COACH CURRAN, A FORMER COLLEGE ATHLETE AND COACH, IS NEW TO OLL, BUT BRINGS A WEALTH OF EXPERIENCE TO THE WARRIORS ATHLETIC DEPARTMENT! BEFORE HIS ARRIVAL, COACH CURRAN HAD STOPS AT THE PROFESSIONAL LEVEL, WORKING WITH THE MIAMI DOLPHINS, AND NUMEROUS COLLEGE PROGRAMS ACROSS THE NORTHEAST. COACH CURRAN HAS GAINED INVALUABLE KNOWLEDGE FROM HIS YEARS OF EXPERIENCE AS A STRENGTH & CONDITIONING COORDINATOR AT THE COLLEGE LEVEL AND EARNING HIS USAWL CERTIFICATION.

WARRIOR ATHLETICS

THE WARRIOR ATHLETIC DEPARTMENT OFFERS 25+ VARSITY SPORTS PROGRAMS FOR STUDENT-ATHLETES AND COMPETES IN SECTION IX UNDER NYSPHSAA. THROUGH OUR COACHES AND TRAINERS DEVELOPMENT WE HAVE CONSISTENTLY HAD TOP PROGRAMS IN THE HUDSON VALLEY. OVER THE PAST TWO YEARS WE HAVE SENT 30+ STUDENT-ATHLETES TO PLAY AT THE COLLEGE LEVEL. THOSE COLLEGES INCLUDE PLACES LIKE THE UNIVERSITY OF MIAMI, PENN STATE, MARIST COLLEGE, LONG ISLAND UNIVERSITY, ASSUMPTION UNIVERSITY, AND MANY MORE.

DURING THE 2022-23 SCHOOL YEAR OUR PROGRAMS SAW GREAT SUCCESS! WE HAD THREE COACHES SECURE COACH OF THE YEAR HONORS AND HAD FIVE TEAMS EARN SECTIONAL TITLES. WE ALSO HAD MANY ATHLETES SECURE INDIVIDUAL ACCOLADES AS WELL. THE TOTAL FOR THE YEAR AMOUNTED TO 38 POUGHKEEPSIE JOURNAL ALL-STARS, 29 ALL-SECTION PLAYERS, 8 ALL-STATE SELECTIONS, AND 5 ATHLETES WHO WERE NAMED PLAYERS OF THE YEAR IN THEIR RESPECTIVE SPORTS.

THE 2023-24 YEAR HAS BEEN A GREAT ONE SO FAR AND LOOK FORWARD TO SEEING OUR SPRING SPORTS FINISH THE YEAR STRONG!

