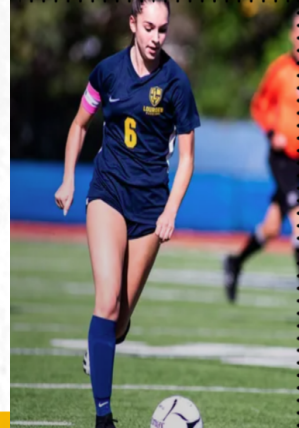




# WARRIOR

## SPORTS PERFORMANCE CAMP



THE ATHLETIC STAFF AT OUR LADY OF LOURDES HIGH SCHOOL WILL BE RUNNING THEIR 1ST ANNUAL SPORTS PERFORMANCE CAMP! THIS IS INTENDED FOR MIDDLE SCHOOL STUDENTS WHO WANT TO ENHANCE THEIR GAME 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:** Current Middle Schoolers  
(6-8th Grade)

**DATES:** Tuesdays/Thursdays for 3 weeks  
(May 30/June 1, 6, 8, 13, 15)

**TIME:** 5:30 - 7:00 PM

**LOCATION:** Our Lady of Lourdes HS

**PRICE:** \$225

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



**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



# ABOUT CAMP

The Warrior Sports Performance Camp is focused on helping young student-athletes enhance their speed, agility, explosion, and fundamental athletic movements, while working on injury prevention and introducing the building blocks of training for 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 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, AN ARLINGTON HS GRAD 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 ATHLETICS PROGRAMS COMPETE IN SECTION IX OF NYSPHSAA AND HAVE SEEN SUCCESS SO FAR THIS YEAR! OLL OFFERS 25+ VARSITY SPORTS AND 2 CLUB SPORTS. THROUGH OUR COACHES AND TRAINERS DEVELOPMENT WE HAVE HAD 6 ALL-STATE SELECTIONS, 2 POUGHKEEPSIE JOURNAL PLAYERS OF THE YEAR, AND 21 POUGHKEEPSIE JOURNAL ALL-STARS IN THE FALL SEASON ALONE. OUR BOYS SOCCER, FOOTBALL, AND GIRLS SOCCER PROGRAMS WERE ALL SECTIONAL CHAMPIONS, AS WELL AS, EARNING STATE RANKINGS OF 2ND, 5TH, AND 7TH RESPECTIVELY.

THE WARRIOR WINTER PROGRAMS HAVE ALSO SEEN SUCCESS! OUR WRESTLING PROGRAM PRODUCED THREE WRESTLERS WHO FINISHED IN THE TOP THREE OF THEIR WEIGHT CLASS AT SECTIONALS. THE BOYS BASKETBALL PROGRAM EARNED COACH SANTORO'S 400TH WIN AND WERE MHAL CHAMPIONS. OUR INDOOR TRACK PROGRAM ALSO SENT TWO RUNNERS TO THE STATE MEET.

WE ARE EXCITED FOR OUR SPRING PROGRAMS TO SHOWCASE THEIR TALENT AFTER THEIR WINTER TRAINING!

