



RISING 7TH AND 8TH GRADE STRENGTH & CONDITIONING CAMP

Non-Football Athletes

Who: Rising 7th and 8th Grade, **Non-Football Athletes** from Jones and Hastings Middle Schools

What: Introductory instruction to basic movement patterns through lifting and conditioning based activities and games

Where: UAHS Weight Room

Contact Info: Brandon Spickler, bspickler@uaschools.org
Kasey Zalewski, kawhite@uaschools.org

MEET YOUR COACHES



Brandon Spickler

Coach Spickler has been a Strength and Conditioning Coach at Upper Arlington High School for the last 9 years. Prior to being a Golden Bear, he was an Assistant Strength and Conditioning Coach at both Miami University and Wayne State University and a strength and conditioning graduate assistant at Kent State University. He holds certifications from both the National Strength and Conditioning Association and the Collegiate Strength and Conditioning Coaches Association. He is also a member of the National High School Strength and Conditioning Coaches Association. Brandon has a bachelor's degree in exercise science from Ohio State University and a master's degree in nutrition from Kent State University. He became a registered dietitian nutritionist in September 2022. He is a native of Boardman, Ohio. Brandon resides in Hilliard with his wife Natalie and their two sons, CJ and Vance.



Kasey Zalewski

Coach Kasey works as a Strength and Conditioning Coach for the Ohio State University Wexner Medical Center's Sports Performance Team and joined the Golden Bears in 2017. Prior to her time with the Golden Bears, she was a Student Intern with OSU Sports Performance while completing her Master's of Sports Coaching degree at The Ohio State University. She is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. Kasey has a bachelor's degree in exercise science from Otterbein University where she played volleyball for four years. She has also coached volleyball for 5 years at both the high school and club levels. She is a native of Little Hocking, Ohio and now resides in Galloway with her husband Zarley, puppy, Pepper, and daughter, Bailey.



Joe Aichele

Coach Joe has over 13 years of strength and conditioning coaching experience in all levels of athletics. With stops including Lake Erie College, Youngstown State University and Ohio Wesleyan University. Since joining the OSU Wexner Sports Performance Team in 2021, Joe has worked with athletes at Bo Jackson Elite Sports, REP Field House, Olentangy Orange High School and currently Upper Arlington High School. Joe has a special interest in teaching and programming fundamental movement patterns with middle school athletes as well as speed development and injury prevention. Joe is a native of Hemlock, Ohio and now resides in Delaware with his wife and three kids.

SPECIFICS

Days/Times:

Session 1

Jun 2nd- Jul 2nd

Mon/Wed

2-3pm

Session 2

July 8th- Aug 7th

Tues/Thurs

2-3pm

Registration: Closes Friday, May 16th or when all slots are filled. Late registration exception, only if spots remain.

Spots Available: 50 per session, You may only sign-up for one session

What to bring: A positive attitude and water bottle

Drop-off/Entrance: Drop-off in parking lot South of the tennis courts off Mt. Holyoke

Enter building through David Schoedinger student athlete entrance southwest of the football stadium

What to wear: Athletic clothing and closed-toed, athletic shoes- weather appropriate attire (in case we go outside)

Expectations: Able to follow the rules, take coaching well, and have fun



REGISTRATION

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Registration will take place using **Local Events**:

- **Website link:**

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CAMP EXPECTATIONS & ACKNOWLEDGEMENT

Please read, check all boxes, and sign this page.

This page must be PRINTED and TURNED IN on Day 1 of camp!

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My son or daughter is a rising 7th or 8th grader at Jones or Hastings Middle School and is a non-football athlete (7th/8th grade football have a separate workout time)

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My son or daughter will arrive 10 minutes early prior to start of the session in appropriate workout attire

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My son or daughter will be present for at least 8 of the 10 session opportunities. I understand that if attendance is below this mark, my son or daughter may be asked to no longer participate in the camp

☐

I have only signed my son or daughter up for one of the two sessions offered. One session per child to allow more individuals to have the opportunity to participate

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I have read and understand all of the above information presented

Child's
Name
(Printed)

Parent's
Signature

