



2025-2026 Wolves Speed School (Grades 6-8)

What:

Wolves Speed School is a camp for speed, agility, and change of direction training for 6th, 7th, and 8th grade students (2025-2026 school year). The camp focuses on developing an athlete's linear and lateral speed, quickness, strength, power, flexibility, mobility, by focusing on fundamentals, technique, speed data and competitive activities. Wolves Speed School will use a variety of innovative equipment to assist in the speed development process. List of equipment includes: Shredmills (manual speed treadmills), Dashr or Freelap timing system, speed ladders, Perform-X Bungee system, Jumpmats or OVR Jump Laser, and Run Rockets

Where and When:

Northwest High School Weight Room, Indoor Track, and Multi-Purpose Room

Session: December 1, 2025 to February 9, 2026

Mondays: 12/1, 12/8, 12/15, 1/5, 1/12, 1/19, 1,26, 2/2

Time:

6:00 pm - 7:00 pm

Cost: \$112 (includes t-shirt)

****1/19 is MLK Holiday which students have no school, but Speed School will occur at its scheduled time.**



<https://waukee.revtrak.net/schools/-high-schools/rw-activities-department-wnwhs/>

Camp Instructors:

Northwest High School Strength & Conditioning Staff

What you need to bring:

Workout clothes (shorts/t-shirt), appropriate gym shoes, a water bottle, a positive attitude, a good work ethic. Registration information can be found through the "Registration Links" above in the "Where and When" section.

Questions Contact:

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