



Strength & Conditioning

Club Website	
Interested?	
Advisor/Coach	(Coach) Codey Clapper Contact info: clapcod@ug.k12.wi.us 608-712-9266 Coach Clapper is the Head of Strength & Conditioning at UG and is certified through the NSCA. He graduated from UW-Whitewater with a health and human performance degree and has since worked for the Brewers, Diamondbacks, Wisconsin Badgers and the US Jr. Olympics before coming full circle back to his alma mater at UG. His goal for the position is to make a difference in his community by establishing a winning culture, training our kids to not only be better athletes, but also better individuals, and to show the overall importance of deep education in the fitness field for all ages.
Description of Activity	The weight room is open to any high school student for use year round, however in summer Coach Clapper hosts strength classes in June/July for incoming freshman and existing students for those interested.
Start Date	Year round for general use. Summer strength classes held in June & July
Season/Length of Activity	Year round. Summer strength classes are M-Th in 1.5hr periods.
Membership Qualifications	You need to be a UGHS student to participate in the classes. Community membership options are available for those who

	are above the age of 14 and wish to utilize the weight room for personal use. More information on community hours can be found on our website.
Time Commitment	N/A
Monetary Commitment	N/A
Main Events/ Activities Significant Functions	Summer Strength Class Tentative Schedule: 6-7:30am = Session 1 Contact Sport Focus (Ex Football & Wrestling) 7:30-9am = Session 2 (Incoming freshman only) 9-10:30am = Session 3 Vertical/Lateral Explosiveness Focus (Ex Basketball & Vball)
Notes	Please do not hesitate to contact Coach Clapper through his email or phone number above about any questions you have about community hours, summer classes, or any of the services he provides.