



By Jan Schultz
The Imperial Republican

Next week will complete six weeks of a speed camp for Chase County athletes, who are seeing the importance of summer training and conditioning.

Three coaches at Chase County Schools, Dan Lenners, Al Zuege and Mike Sorensen, have been working with 43 athletes twice a week since the program started the first of June.

Head Football Coach Lenners said last year's results from the speed camp are enough for him to see the benefits.

"Last year, every kid improved from two-tenths of a second to one second on the 40 yard dash," Lenners said.

Last summer, 26 athletes participated in the camp. Coaches are happy to see significantly more this year.

Athletes from fifth grade up to incoming seniors are involved in the camp.

During the hour and a half camp Tuesday and Thursday mornings, the athletes have been drilled on ladders, plyometric boxes and short hurdle work, Lenners said.



They were timed at the camp's first day in three areas—the NFL shuttle run, 10-yard sprint and 40-yard dash. Times will be recorded again the last day of camp July 16 to compare.

The athletes have also been encouraged to include a weight-lifting regimen in their summer training.

Sorensen said a meeting in May with Chase County athletes encouraged them to take part in the speed camp, emphasizing the importance of off-season training.

A number of college athletes who attended CCS also spoke to the students at that meeting on the importance of summer training, which Sorensen said likely had a big effect in the gain in numbers.

Sorensen said strong parental support has also aided the larger participation this summer.

