

# **Jr. Spartans Sports Performance Camp - Summer 2026**

## **For 2026-2027 6th, 7th & 8th Grade Boys & Girls**

At Brookfield East High School, we believe that providing a safe and effective youth strength and conditioning program is the foundation of their long-term athletic development. Our Jr. Spartans Sports Performance camp will focus on the fundamentals needed to become faster, stronger and quicker.

Our coaches have designed 12 sessions of training that will push the athletes to be the best version of themselves. Our training sessions will include a dynamic warmup, mobility/flexibility, change of direction drills, linear speed, power and explosiveness and strength training.

This is a process that takes time, and our goal as a staff is to prepare all athletes for their respective sports and activities. Throughout the course of camp, all campers will begin building a Performance Profile that will be tracked for as long as they are a Spartan!

### **Head Strength Coach: Jake Hoerchner**

Coach Hoerchner just finished his 8th year of teaching at Brookfield East and 4th year as the Head Strength and Conditioning Coach. In addition to leading the strength and conditioning program for our high school sports, Coach Hoerchner is also a Physical Education and Health Teacher, Offensive Coordinator for the Varsity Football Team and has coached Boys Shotput & Discus and wrestling at BEHS.

Contact:

Jake Hoerchner

[hoerchnj@elmbrookschools.org](mailto:hoerchnj@elmbrookschools.org)

262-751-7988

### **Program Details: 12 total sessions**

Schedule (M,Tu,Th) 12:15 pm - 1:15 pm

Week 1: June 15, 16, 18

Week 2: June 22, 23, 25

Week 3: OFF

Week 4: July 6, 7, 9

Week 5: July 13, 14, 16

Athletes should meet by the south end of the BEHS track each day. If inclement weather, please meet inside of the Field House Lobby (located on the SW corner of the school. Entrance W2)

### **Cost / Payment**

\$100 per individual.

Cost includes 12 training sessions as well as a camp t-shirt at the conclusion of camp.

**\*\*RETURN THIS PAGE\*\***

**REGISTRATION DUE BY JUNE 8th, 2026**

Send Entry Form to  
Brookfield East High School,  
C/O Jake Hoerchner  
3305 N Lilly Road  
Brookfield, WI 53005

**USE QR CODE TO  
REGISTER!**



*\*If you prefer to pay by cash or check, please make out to Jr. Spartans Football, memo "Strength & Conditioning" and send to the above address*

**Student Athlete's Name:** \_\_\_\_\_

**2026 - 2027 Grade:**    6th                      7th                      8th

**T-Shirt Size (adult sizes):**                      S                      M                      L                      XL                      2XL

**Parent/Guardian Name:** \_\_\_\_\_

**Parent/Guardian Phone Number:** \_\_\_\_\_

**Parent/Guardian Email:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**Important Health Information Regarding Student Athlete (optional):**

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**\*By signing you agree to the Waiver Statement below**

**WAIVER STATEMENT**

"I understand participation in athletics has inherent risks and assume responsibility for those risks. I waive and release Coach Hoerchner, Brookfield East High School, and those advising/assisting/coaching in the program. Furthermore, the undersigned and the participant authorize Coach Hoerchner to use at his discretion any photograph (black/white, color) and/or video taken of the participant while participating in the program and waive any and all claims that the participant or undersigned or their heirs, executors, administrators, or assigns may have or claim to have resulting from such photograph(s) or reproduction thereof.