



Athlete Training Program

School Sports Camp Engagement Guide

We understand the potential conflict between summer sports training and summer camp. The following talking points will help you explain to coaches the vast benefits of their student athletes attending the A/U Ranches instead of sports camps.

You can confidently engage coaches in the process – they'll see how we are prepared to assist with conditioning work and they'll be partners by giving direction for specific conditioning activities for their sport.

Benefits of Athletes Attending the A/U Ranches

The A/U Ranches camp experience will benefit your student athlete in many ways: leadership, conditioning, team building, overcoming personal limitation and witnessing Christianity at work are all part of daily life at the A/U Ranches.

- **VALUES:** Daily focus on inspiration, healing and Christian values.
- **DISCIPLINE:** Daily schedule of rigorous activities in the Rocky Mountains.
- **DEVELOPMENT:** Breaking down personal limitations through activities such as mountaineering, rock climbing, rafting, kayaking, horsemanship, etc.
- **TEAMWORK:** An essential component of camp life, from bunkhouse roles to engaging in our mountain, horse and water programs to being a member of our camp community.
- **RESPONSIBILITY:** Always taught and expected, especially in challenging activities such as whitewater rafting, technical rock climbing, wilderness camping and rugged horsemanship and horse care.
- **CONDITIONING:** Base camp has a 8,500' elevation but daily climbing, hiking, camping and riding regularly take camper-athletes to much higher elevations, up to 14,000'. These high altitude programs challenge and elevate athletes' conditioning and fitness.

Can A/U Ranches Staff Work With Athletes at Camp?

Yes! The A/U Ranches has a collegiate strength and conditioning coach on staff who will coordinate a training regime as part of your camper's daily activity.

Please refer to the attached Athlete-At-Camp Coordination Form.

