

**MISSION**

It is our mission to physically and mentally prepare the athlete for the rigors of collegiate athletics, by implementing professionally designed, scientifically sound training programs, designed specifically to reduce the incidence of injury and help each team and athlete reach their full athletic potential.

**PHILOSOPHY**

We believe that strength and conditioning is crucial to the complete development of the student-athlete. The philosophy of our strength and conditioning program is based on the belief that what occurs in the weight room and field transfers to the playing surface. We train sport specifically with the goal of enhancing athleticism. We also believe in the importance of work ethic, attitude, accountability and mental toughness and that these qualities can be developed and enhanced through our strength and conditioning program.

**DIRECTOR**

North Dakota Strength & Conditioning



**NATE BAUKOL**

Year at UND: 16th year  
Hometown: Moorhead, Minn.  
Alma Mater: Minnesota State, Moorhead, 2000

**ASSISTANT COACHES**



**OZ AGBESE**  
3rd year  
Waterloo, Iowa  
Iowa, 2014



**SEAN FANTUZZI**  
3rd year  
Carlisle, Pa.  
Penn State, 2011



**BEN SAARIBOVRE**  
5th year  
Alexandria, Minn.  
Concordia, 2011

**NORTH DAKOTA STRENGTH**  
Strength & Conditioning Camp  
Attn: Nate Baukol - Strength & Conditioning  
University of North Dakota  
2751 2nd Ave N. Room 120, Stop 9013  
Grand Forks, ND 58202



**2018  
ATHLETIC  
DEVELOPMENT  
CAMP**

June 4 - July 27



"The effort you put into training now, determines how much you can give in your games later."





Are you interested in what it takes to achieve your full athletic potential?

Are you interested in training with qualified collegiate strength coaches?

If the answer is YES, then Director of Strength & Conditioning at the University of North Dakota Nate Baukol and the rest of the North Dakota Strength staff invite you to attend a seven-week Speed and Strength Camp on the campus of UND.

Coach Baukol and his staff are certified by the National Strength and Conditioning Association (C.S.C.S.), the Collegiate Strength and Conditioning Coaches Association (S.C.C.A.) and USA Weightlifting.

**PROGRAM DETAILS**

- Camp will be held June 4-July 27
  - Group will train 9-10:30 a.m., Mon./Tues./Thurs.\*
  - Anyone entering grades 9-12, no matter the experience level, is encouraged to register
  - Training will be held Monday, Tuesday, and Thursday
    - MONDAY :: Speed & Strength Training
    - TUESDAY :: Agility, Plyometric, & Strength Training
    - THURSDAY :: Metabolic & Strength Training
  - Pre-Test will be conducted on Monday
  - Post-Test will be conducted on Thursday
- \* subject to change based on size of group*

**PROGRAM GOALS**

- Train athleticism
- Train to reduce the incidence of injury
- Learn methods on how to handle and manipulate individual bodyweight
- Increase core strength and stability

**FACILITIES**

The three weight rooms for UND student-athletes offer a facility to train and prepare to compete for championships each year. The facilities include: Ralph Engelstad Arena, Betty Engelstad Sioux Center and Hyslop Sports Center.

Each facility boasts space for scientific training methods in weight training and fitness for enhanced performance in competition. Training has become a year-round activity, with student-athletes spending as much time on physical development as any other part of their sport. Student-athletes follow either off-season or in-season programs, which are individualized specific to the athlete and sport. Off-season programs are five days a week, summer months included. In-season programs are typically 45-minute sessions, two to three days per week, all supervised by the strength and conditioning staff.

**EVERY ATHLETE WHO COMMITS TO THE NORTH DAKOTA STRENGTH CHALLENGE WILL RECEIVE:**

1. Over 31 hours (21 sessions) of coaching from Coach Baukol and the rest of the NORTH DAKOTA STRENGTH STAFF.
2. A testing battery of:
  - 10-yard sprint
  - 40-yard sprint
  - Pro-Agility
  - Vertical Jump
  - Lower Body Strength
  - Upper Body Strength
  - Standing Long Jump
  - Pre- and Post-Test
3. Enhancement of the physiological systems and movement skills essential to the development of ATHLETICISM.
4. Training in STRENGTH, POWER, SPEED, and CHANGE OF DIRECTION - qualities used to measure an individual's athleticism.
5. Proper coaching techniques for:
  - Acceleration
  - Plyometric Training
  - Olympic-Style and Traditional Strength Training
  - Agility Training
  - Increased Core Strength and Stability

**2018 STRENGTH ATHLETIC DEVELOPMENT CAMP**

(detach and return)

PLEASE PRINT

Name: \_\_\_\_\_ Home Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: ( \_\_\_\_\_ ) \_\_\_\_\_  
 School: \_\_\_\_\_ Sport: \_\_\_\_\_ Email: \_\_\_\_\_  
 Guardian's Name: \_\_\_\_\_ Contact Number: ( \_\_\_\_\_ ) \_\_\_\_\_

**Total cost of camp will be \$250 • \$100 NON-REFUNDABLE deposit required at time of registration**

T-SHIRT SIZE  
 X Small    Small    Medium    Large    X Large    XX Large

GENDER  
 Male    Female

Checks payable to University of North Dakota.

Canadian residents can pay by credit card online or by check/money order drawn on a US bank.

**NORTH DAKOTA STRENGTH**  
 Athletic Development Camp  
 Attn: Nate Baukol - Strength & Conditioning  
 University of North Dakota  
 2751 2nd Ave N. Room 120, Stop 9013  
 Grand Forks, ND 58202

Each camper **MUST** complete and return liability waiver form that can be downloaded at FightingSioux.com.

For more information contact Nate Baukol at 701.777.4035 or nathan.baukol@athletics.UND.edu