

ALL SPORT STRENGTH CAMP

WHO

Any 6th-7th-8th grade Boy or Girl

WHEN

Sundays at 5pm

Begins February 16

WHERE

PFAC Weight Room

Stephen T. Badin High School

FEATURING: Athletes will receive hands on coaching in areas of: Strength training, flexibility, mobility, plyometrics and speed training.

**ALL
SESSIONS:
\$10 PER
SESSION**

BENEFITING
Any Current 6th,7th
and 8th Grade Girls
and Boys-NON
FOOTBALL*

Contact:
RSVP By Feb 14

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Strength and
Conditioning Coach
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