

FOOTBALL STRENGTH CAMP

WHO

Current 7th+8th grade Boy or Girl

WHEN

Sun/Wed 6-7pm

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
Current 7th+8th Grade
Boys and Girls

Contact:
RSVP By Feb 14

Craig Cheek
Strength and
Conditioning Coach
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