

Kennewick Lady Lions



**2026 Athletic Development Camp
(7th – 12th Grade Girls)**



A PASSION FOR EXCELLENCE

***Character Development *Strength Training *Form Running *Plyometrics *Flexibility *Agility *Fun**

Ages: 7th - 12th Grades (entering fall 2026)

Dates: June 22nd - July 30th

Days: Monday – Thursday

Time: 11:00 AM – 12:00 PM

Location: Kennewick High Weight Room (enter through Lions Den)

Staff: Coaches Brandy Sonderland & Kaitlin Cornelius (Rambo)

brandy.sonderland@ksd.org

Fee: \$50/Student or \$75/Family

2026 Kennewick Lady Lions Athletic Development Camp

Name: _____ Age: _____ Grade: _____ (fall 2026)

Address: _____ City: _____ Zip: _____

Phone: _____

We accept CASH, CHECK or MONEY ORDER

Make Checks Payable to: Kennewick High Booster Club

Send to: Brandy Sonderland / PO Box 6580 / Kennewick, WA 99336

Or... sign up at the camp.

I agree to be solely responsible for any medical expenses incurred by my child/s in this activity. In consideration of the fee charged for this program, I agree to hold the Kennewick School District and any employee or volunteer involved in the program harmless from, and indemnify them for, any damages or loss arising as a result of my child's participation in this activity.

Parent Signature: _____ Date: _____

Any Medical Alerts? Please List: _____