

CADDO MILLS BOYS

STRENGTH & CONDITIONING 2022



**6 WEEK CAMP FOCUSING ON BUILDING STRENGTH,
INCREASING SPEED AND OVERALL SKILL DEVELOPMENT**

***THIS CAMP IS FREE & HIGHLY RECOMMENDED TO ALL
INCOMING 7TH- 12TH GRADE BOY ATHLETES***

Time:	8:00-10:00 am <i>*Times are subject to change</i>
Location:	Caddo Mills HS & Caddo Mills MS
Dates:	June 6-9 June 13-16 June 20-23 June 27-30 July 11-14 July 20-22

#FEAR THE FOX