

Caddo Mills GIRLS

STRENGTH & CONDITIONING 2023



**5 ½ WEEK CAMP FOCUSING ON BUILDING STRENGTH,
INCREASING SPEED AND OVERALL ATHLETE DEVELOPMENT**

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

Time:	7:00-8:30 am
Location:	Caddo Mills High School 3049 S. FM 36
Dates:	June 12-15 June 19-22 June 26-29 July 10-13 July 19-20 July 24-27

**** We have 22 total Strength and Conditioning workouts – Athletes must attend 16 workouts to be exempt from the conditioning test in the fall.**

This applies to girls entering high school only!

#BE UNCOMMON