

HIGH SCHOOL GIRLS

STRENGTH & CONDITIONING 2022



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

***THIS CAMP IS FREE & HIGHLY RECOMMENDED TO
ALL INCOMING 9TH- 12TH GRADE GIRL ATHLETES***

Time:	7:00-9:00 am
Location:	Caddo Mills High School
Dates:	June 20-23 June 27-30 July 11-14 July 18-21 July 25-28

#WIN THE DAY