

# **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***

<b>Time:</b>	7:00-8:30 am
<b>Location:</b>	Caddo Mills High School 3049 S. FM 36
<b>Dates:</b>	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**