

# **MIDDLE SCHOOL GIRLS**

## **STRENGTH & CONDITIONING 2022**



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

***THIS CAMP IS FREE & HIGHLY RECOMMENDED TO  
ALL INCOMING 7TH-8TH GRADE GIRL ATHLETES***

<b>Time:</b>	8:00-10:00 am
<b>Location:</b>	Caddo Mills Middle School
<b>Dates:</b>	July 11-14 July 18-21 July 25-28

# **#WIN THE DAY**