

FOX STRENGTH & CONDITIONING 2020



**6 WEEK CAMP FOCUSING ON BUILDING STRENGTH
IN THE WEIGHTROOM, INCREASING SPEED AND
IMPROVING OVERALL FITNESS**

***FREE & HIGHLY RECOMMENDED TO ALL FOX
ATHLETES ENTERING GRADES 7th-12th.***

Location:

Caddo Mills High School Weight Room

Times:

Boys 7:30-9:30 am

Girls 8:30-10:30 am

Dates:

Week #1 June 8-11

Week #2 June 15-18

Week #3 June 22-25

Week #4 June 29-July 2

Week #5 July 13-16

Week #6 July 27-30

#unLEASH

#WinTheDay