



SKEETER POWER STRENGTH & SPEED CAMP



8 Week Program:

- Week 1: June 3rd – 6th **SESSION 1**
- Week 2: June 10th – 13th 8:00am - 9:30am (High Intensity- 10th-12th Boys)
- Week 3: June 17th – 20th **SESSION 2**
- Week 4: June 24th – 27th 9:30am - 11:00am (8th-12th Girls)
- Week 5*: July 1st – 2nd 9:30am - 11:00am (7th-9th Grade Boys)
- Holiday: July 3rd – 11th
- Week 6: July 15th–18th
- UIL Shutdown: July 22nd – July 25th (No Camp this week)
- Week 7: July 29th – August 1st
- Week 8: August 5th – August 8th (Session 1 Only)

Cost: **\$30**

Payment Plans available

Cash, Check, or Money Order

(Make checks payable to Mesquite Athletics)

Name: _____

Sport: _____ 2019-20 Grade: _____

Cell: _____ Parent Email: _____

Parents Name: _____

Parents Contact #: _____

Register at the Mesquite Fieldhouse or Mail registration to:

Mesquite HS Athletics

Attn: Coach Fleener *can also be turned in at Agnew & Wilkinson*

300 E. Davis Street

Mesquite TX 75149

Contact Info:

Coach Fleener

jfleener@mesquiteisd.org

972-882-7879

The Skeeter Power Camp will be run by Mesquite High School Coaching Staff and focus on:

- **Power and Strength** – athletes will engage in a weight program to increase explosive power & strength under the supervision of coaches demanding proper technique & safety
- **Speed and Agility** – athletes will perform exercises and drills with an emphasis on acceleration, change of direction, and maximum speed
- **Flexibility and Mobility** – athletes will increase muscle flexibility and mobility through proper mechanics and exercises designed to increase the athlete’s full range of motion
- **Injury Prevention** – athletes will use increased flexibility, mobility, core strength, and proper mechanics to reduce the likelihood of future athletic injuries

Disclaimer: I will not hold Mesquite ISD or any camp staff liable for any damages, losses, or injury, that might result from my child's participation in this camp. I hereby grant permission for the camp staff to secure medical services for my child if necessary. *

Parent Signature: _____