

**SIGN YOUR ATHLETE UP FOR A**

**AGILITY**

**& SPEED**

**CAMP**

When: June 19th - 22nd

K-2nd 11:15-12:15

3rd- 5th 12:15-1:15

Cost: \$50 per athlete

Venmo: @Tabi-Farmer

Checks payable to Tabi Farmer

Location: San Angelo Central Turf  
Room



Keep your young athlete active this  
summer!

# **CAMP ACTIVITIES**

**FORM RUNNING  
CONE DRILLS  
CORE- ABS  
LATERAL & LINEAR  
MOVEMENTS  
SPRINT DRILLS  
LADDERS  
SLEDS  
GAMES**

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**FOR MORE INFO PLEASE CONTACT  
TABI AT [TABITHA.FARMER@SAISD](mailto:TABITHA.FARMER@SAISD)**

