



PJH EAST

Summer
Boys &
Girls

Pay via. QR Code Below:



STRENGTH & CONDITIONING CAMP

MONDAY

THURSDAY

INCOMING 7TH AND 8TH
GRADE BOY & GIRLS

***MAY 27**

JUNE 26

****MAY 27TH IS A TUESDAY; T-FR. THIS WEEK

● EAST WEIGHT ROOM, EAST
GYMS & PRESNER TRACK

8TH/7TH-8AM
-10AM/10AM-NOON



STRENGTH AND RESISTANCE
TRAINING & SPEED, AGILITY, AND
CONDITIONING

COACHED BY
EAST STAFF

ONLINE REGISTRATION:
MUST HAVE A VALID
PHYSICAL TO ATTEND

\$115

REGISTRATION FEE
PER PLAYER

NO LATER THAN MAY 16TH: LATE FEE
WILL APPLY AFTER THIS DATE

