



BERRY MILLER BOBCATS

STRENGTH AND SPEED CAMP

THE BERRY MILLER COACHING STAFF INVITES ALL INCOMING 7TH AND 8TH GRADE STUDENT-ATHLETES ATTENDING BERRY MILLER TO THIS YEAR'S STRENGTH AND SPEED CAMP.

WHO: INCOMING 7TH AND 8TH GRADE ATHLETES THAT WILL BE ATTENDING BERRY MILLER JUNIOR HIGH

WHERE: BERRY MILLER WEIGHT ROOM, GYM, TRACK, AND FOOTBALL FIELDS

COST: \$115 PRE-REGISTRATION (BEFORE MAY 18)
\$135 LATE REGISTRATION (AFTER MAY 18)

REGISTRATION AND PAYMENT MUST BE MADE THROUGH GOFAN TICKETING.
SCAN THE QR CODE TO REGISTER.



<u>DATES:</u>	JUNE 2 – JUNE 5 (MON-THUR)	8AM-10AM
	JUNE 9 – JUNE 12 (MON-THUR)	8AM-10AM
	JUNE 16 – JUNE 19 (MON-THUR)	8AM-10AM
	JUNE 23 – JUNE 26 (MON-THUR)	8AM-10AM
	JUNE 30 – JULY 3 (MON-THUR)	8AM-10AM

REQUIREMENTS: ATHLETES MUST HAVE THEIR ATHLETIC PHYSICAL COMPLETED ON THE PISD FORM AND ON FILE AT BERRY MILLER JH. **DO NOT TURN IN PHYSICALS TO ROGERS MS.** ATHLETES WILL NEED TO WEAR SHORTS AND A T-SHIRT. THEY WILL NEED “FLATS” OR SHOES TO WORK OUT IN, AND CLEATS (BOYS) FOR THE OUTSIDE STATIONS. (CROCS/SLIDES ARE NOT ACCEPTABLE WORKOUT SHOES)
ATHLETES WILL NEED TO BRING THEIR OWN WATER BOTTLE.