

O'Connor Football Summer Strength & Conditioning Camp

WHEN: May 27th – July 24th (M/Tu/W/Th) *(Tu-F wk1)

WHERE: Sandra Day O'Connor Weight Room/Practice Field

TIME: Your lifting group time is below:

Session 1: (Varsity/JV) 6:30AM – 8:30AM

Session 2: (Freshman*) 8:30AM – 10:00AM

*Group is for incoming 9th graders

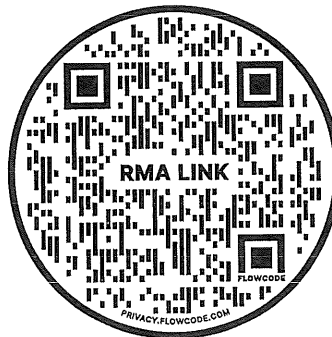
COST: \$100

HOW: Cash, Check, or Credit Card at the Sandra Day O'Connor Bookstore

WHY: After 2 months of direct instruction with a Certified Strength and Conditioning Specialist, athletes will have improved in the following areas:

Olympic Lifting Technique, Strength & Power, Jumping & Landing Mechanics, Acceleration/Max Velocity, Change of Direction & Quickness, Ankle/Knee/Shoulder Mobility, and much more!

NOTE: All high school athletes **MUST be Cleared through Register My Athlete**. Any athletes who participated in the 2024 HS Football season are clear through June. Follow the QR below to complete the necessary steps for clearance.



If you have any questions relating to the camp, please contact Head Football Coach Ben Kullos at coachkullos@gmail.com