

# O'Connor Football Summer Strength & Conditioning Camp (2025)

**WHEN:** May 27<sup>th</sup> – July 24<sup>th</sup> (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 9<sup>th</sup> graders

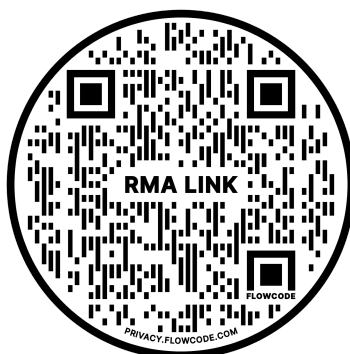
**COST:** \$100

**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](mailto:coachkullos@gmail.com)*