



GREYHOUND SPEED AND STRENGTH CAMP

WHO CAN ATTEND: Incoming 7th-12th Grade Male or Female Current or Future Boerne Greyhound Athletes

DATES: Monday- Thursday
June 2-5, 9-12, 16-19, 23-26
July 7-10, 14-17

TIME: Session 1: 7AM-9AM Girls 9th-12th grade
Session 2: 8AM-9AM All Middle school boys and girls 7th/8th grade
Session 3: 9:30-11:30 AM High school boys 9th-12 grade

**Athletes can attend one session daily per UIL rules

LOCATION: Boerne High School for all athletes

WHAT TO BRING: Athletic shoes, cleats, towel and water bottle.

BENEFITS

- ☐ Develop Athletic Ability –Increase Athletic Performance –Develop Explosiveness –Develop Coordination
- ☐ Teach Proper Weight Room Safety – Teach Proper Running Mechanics
- ☐ Teach Techniques and Fundamentals for Middle School Readiness Program
- ☐ Sport-Specific Skill Instruction

INVESTMENT: \$200 (No refunds will be given after June 5) Please use link for payment, or you can bring check on first day of camp

If you have questions concerning the summer speed and strength camp contact
Brett Sawyer 830-357-2349 or Brett.Sawyer@Boerneisd.net

Either scan qr code below or follow the link to register your athlete.
<https://boerneisd.revtrak.net/athletics/strength-and-conditioning/#!/BHS-Summer-Strength-Conditioning-Camp-2025>

