

WESTMOORE XC/T&F

2025 SUMMER PRIDE CAMP



**STRENGTH & CONDITIONING TRAINING
COACHES YEAGLEY, KAPPELLE, SMITH**

6/8-26

7/7-31

**MONDAYS THROUGH
THURSDAYS**

9:30-10:30AM

Practices consisting of XC / Track & Field specific weight training and conditioning - will be hosted in the new WHS indoor facility.

SCAN QR CODE TO PAY / SIGN UP



Cost - \$40

- Two \$20 payments accepted
- Must be paid in full before 7/7