



LANCER POWER CAMP

STRENGTH, SPEED, & CONDITIONING

WHO

Two daily sessions:
early morning & late morning

WHEN | Monday–Thursday

June

June 8–11

June 15–18

June 22–25

July

July 6–9

July 13–16

July 20–23

No Camp June 29 – July 3 (MSHSAA Dead Week)

WHERE

Lafayette High School

Weight Room, MPR, Stadium, and Track

A Rockwood-Sponsored Camp)

SESSIONS

SESSION 1 | 8:00–10:00 AM

All incoming 6th–8th Grade Boys&Girls

SESSION 2 | 10:00 AM–12:00 PM

All incoming 9th–12th grade Girls

All incoming 9th–12th grade **Football
Players**

All incoming 9th–12th grade **BOYS**
not playing Football

COST | **\$185 PER ATHLETE**
\$100 each additional sibling

**\$40
EARLY
REGISTRATION
DISCOUNT**

AFTER MAY 15, 2026:

\$225 per athlete | \$125 each additional sibling

REGISTER AND PAY ONLINE ON THE
Parent Pay Online (Lafayette Web Page), type in
“Lancer Power Weightlifting Camp”

Link: <https://mo-rockwood.intouchreceipting.com>



QUESTIONS? EMAIL COACH CURT MUELLER
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