



BERRY MILLER BOBCATS

STRENGTH AND SPEED CAMP

THE BERRY MILLER COACHING STAFF INVITES ALL INCOMING 7TH AND 8TH GRADE STUDENT-ATHLETES ATTENDING BERRY MILLER TO THIS YEAR'S STRENGTH AND SPEED CAMP.

WHO: INCOMING 7TH AND 8TH GRADE ATHLETES THAT WILL BE ATTENDING BERRY MILLER JUNIOR HIGH

WHERE: BERRY MILLER WEIGHT ROOM, GYM, TRACK, AND FOOTBALL FIELDS

COST: \$115 PRE-REGISTRATION (BEFORE MAY 19)
\$135 LATE REGISTRATION (AFTER MAY 19)

REGISTRATION AND PAYMENT MUST BE MADE THROUGH GOFAN TICKETING. SCAN THE QR CODE TO REGISTER.



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| <u>DATES:</u> | JUNE 1 – JUNE 4 | (MON-THUR) | 8AM-10AM |
| | JUNE 8 – JUNE 11 | (MON-THUR) | 8AM-10AM |
| | JUNE 15 – JUNE 18 | (MON-THUR) | 8AM-10AM |
| | JUNE 22 – JUNE 25 | (MON-THUR) | 8AM-10AM |
| | JUNE 29 – JULY 2 | (MON-THUR) | 8AM-10AM |

REQUIREMENTS: ATHLETES MUST HAVE THEIR ATHLETIC PHYSICAL COMPLETED ON THE PISD FORM AND ON FILE AT BERRY MILLER JH. **DO NOT TURN IN PHYSICALS TO ROGERS MS.** ATHLETES WILL NEED TO WEAR SHORTS AND A T-SHIRT. THEY WILL NEED “FLATS” OR SHOES TO WORK OUT IN, AND CLEATS (BOYS) FOR THE OUTSIDE STATIONS. (CROCS/SLIDES ARE NOT ACCEPTABLE WORKOUT SHOES) ATHLETES WILL NEED TO BRING THEIR OWN WATER BOTTLE.