



**LAUNCHING
1ST EVER
GIRLS CAMP!**

2026 REGISTRATION

**Monday-Thursday Workouts
in June and July for 6th-12th Grade**

Falcon Performance is an intense eight-week program designed to develop the athleticism of our current and future Summit athletes.

We will work on all areas of athletic development focusing on proper technique in the weight room, core strength, conditioning, agility, and flexibility.

**Monday-Thursday during the weeks of
6/1, 6/8, 6/15, 6/22, 7/6, 7/13, 7/20, 7/27**
(No workouts during Dead Week, the week of 6/29)

Girls Only · Middle School (6-8) · 7:30-9:15 AM
High School (9-12)

**Two Ways to Pay:
\$150 Total - OR - \$45/Week**

Families with multiple athletes pay \$150 for the first athlete, \$115 for the second athlete, and \$75 for each additional athlete

Questions?
Email trainer Lisa Hale
at Lisa@ZTotalBody.net



REGISTER NOW!
026FOOTBALL.COM