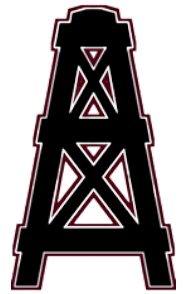




PEARLAND SWATT CAMP



LADY OILERS

SPEED, WEIGHTLIFTING, AGILITY, TEAM TRAINING CAMP

DATE: TUESDAY JUNE 2ND - THURSDAY JULY 16TH

TUESDAYS, WEDNESDAYS, & THURSDAYS

NO CAMP DURING THE WEEK OF JULY 4TH

TIME: 8:00-10:00 AM; SPORT SPECIFIC TRAINING: 10:00-11:00

IF YOU HAVE HEARD FROM THE COACH OF THAT SPORT

INCOMING 9TH THRU 12TH GRADERS

What to Expect: Our female athletes will be put through a 2-hour strength and conditioning session three times a week with break out segments to build and improve the whole athlete, followed by a one-hour sport specific training session run by their respective coaches. **Note: Sports specific training is dependent on coach availability.**

Segments include but are not limited to:

- Strength (30 min)
- Agility (30 min)
- Conditioning (30 min)
- Sport Specific (1 hour) - Training with high school coaches in specific sport

PRICE: \$125

All registration will be on GoFan, our District ticketing platform, we will NOT be accepting check or cash. Participants will sign their participant up through the GoFan site.

Questions? coxe@pearlandisd.org

ONLINE REGISTRATION QR CODE

