



PJH EAST



Summer Boys & Girls

STRENGTH & CONDITIONING CAMP

**INCOMING 7TH AND 8TH
GRADE BOY & GIRLS**

MONDAY

JUNE 1

THURSDAY

JULY 2

**EAST WEIGHT ROOM, EAST
GYMS & PRESNER TRACK**

**8TH-8AM -10AM / 7TH 10AM-
NOON (ALL GIRLS)**



**STRENGTH AND RESISTANCE
TRAINING & SPEED, AGILITY, AND
CONDITIONING**

COACHED BY

EAST STAFF

**ONLINE REGISTRATION:
MUST HAVE A VALID
PHYSICAL TO ATTEND**

\$115

**REGISTRATION FEE
PER PLAYER**

**NO LATER THAN MAY 16TH: LATE FEE
WILL APPLY AFTER THIS DATE**

