



GREYHOUND SPEED AND STRENGTH CAMP

WHO CAN ATTEND: Incoming 7th-12th Grade Male or Female Current or Future Boerne Greyhound Athletes

DATES: Workouts will be Monday- Thursday the following weeks:

Week 1 June 1-4 **OFF June 29-July 3**

Week 2 June 8-11 **Week 5 July 6-9**

Week 3 June 15-18 **Week 6 July 13-16**

Week 4 June 22-25

TIME: **Session 1: 7AM-9AM** Girls 9th-12th grade

Session 2: 8AM-9AM All Middle school boys and girls 7th/8th grade

Session 3: 9:30-11:30 AM High school boys 9th-12 grade

****Athletes can attend one session daily per UIL rules****

LOCATION: Boerne High School for all athletes

9-12th girls report to competition gym

All middle school athletes report to the football field

9-12th boys report to back gym

WHAT TO BRING: Athletic shoes, cleats, towel and water bottle.

BENEFITS:

- ☞ Develop Athletic Ability –Increase Athletic Performance –Develop Explosiveness –Develop Coordination
- ☞ Teach Proper Weight Room Safety – Teach Proper Running Mechanics
- ☞ Teach Techniques and Fundamentals for Middle School Readiness Program
- ☞ Sport-Specific Skill Instruction

INVESTMENT: \$200 (No refunds will be given after June 9) Please use link for payment, or you can bring check on first day of camp

If you have questions concerning the summer speed and strength camp contact **Brett Sawyer 830-357-2349** or Brett.Sawyer@Boerneisd.net

Use the QR code below to register your athlete

