

# ALAMO SCOUTS

Please join the SportsYou  
For Alamo 26-27 Boys Athletics



26-27 SportsYou

## Strength & Conditioning Camp

**Location: Alamo Jr. High**

**Time: 7-9:15 AM**

### Dates and Daily Workout Stations

June 1-4

June 8-11

June 15-18

June 22-25

OFF June 29-July 2

July 6-9

July 13-16

July 20-23

7:00-7:45AM-Weight Room

7:45-8:30AM-Agility

8:30-9:15AM-Skills