



Motivate your teen this summer by helping them get, focused, and prepared for success in the upcoming sports season.

2 WEEK SESSIONS

Grades: 9-12

2026 SUMMER INSTITUTE

JUNIOR VARSITY READINESS AND CONDITIONING CAMP



JV Readiness & Conditioning Camp is designed for teens in grades 8-12 who want to build the strength, speed, endurance, and confidence needed to compete for a spot on their high school JV or Varsity team. Structured conditioning, agility drills, strength training, and performance-focused workouts will help prepare them for the demands of school athletics in a safe, supportive environment. Free lunch included.

<http://mcfattersummerinstitute.com>

McFatter Technical College 6500 Nova Drive, Davie, FL 33317

754.321.5700

Session A June 8th-19th
Session B June 22-July 3rd
Session C July 6th-July 17th

