

LADY WARRIOR SPEED & STRENGTH CAMP

COST:

\$135 PER CAMPER

\$75 FOR SIBLINGS

CAN PAY THE 1ST DAY OF CAMP, OR PAY IN THE ATHLETIC OFFICE PRIOR TO THE START OF CAMP.

WHERE:

SPORTS ARENA

WHEN:

**JUNE 4 THROUGH JULY 12, 8:30 AM TO 10:00 AM
(EVERY MONDAY, TUESDAY, WEDNESDAY, AND THURSDAY)**

WHO:

FEMALE ATHLETES OF ANY SPORT IN THE 7TH – 12TH GRADE

WHY:

DESIGNED FOR FEMALE ATHLETES WHO DESIRE TO IMPROVE FOOTWORK, SPEED, AGILITY, ATHLETICISM, AND CORE STRENGTH THROUGH RIGOROUS TRAINING.

MORE INFORMATION:

PLEASE CONTACT BOBBY BELVEAL FOR ADDITIONAL INFORMATION AT:

BDBELVEAL@GLENPOOLPS.ORG

NAME: _____ **T-SHIRT SIZE:** _____

ADDRESS: _____ **PHONE:** _____

EMERGENCY CONTACT: _____ **PHONE:** _____

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