

# LADY WARRIOR SPEED & STRENGTH CAMP

## **COST:**

**\$75 PER CAMPER**

**CAN PAY THE 1<sup>ST</sup> DAY OF CAMP, OR PAY IN THE ATHLETIC OFFICE PRIOR TO THE START OF CAMP.**

## **WHERE:**

**SPORTS ARENA**

## **WHEN:**

**JUNE 3 THROUGH JULY 19, 12:00 PM TO 2:00 PM  
(MONDAY - FRIDAY)  
(EXCLUDING OSSAA DEAD PERIOD JULY 1-5)**

## **WHO:**

**FEMALE ATHLETES OF ANY SPORT IN THE 7<sup>TH</sup> – 12<sup>TH</sup> 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](mailto:BDBELVEAL@GLENPOOLPS.ORG)**

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**NAME:** \_\_\_\_\_ **T-SHIRT SIZE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**EMERGENCY CONTACT:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

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