



ROO Strength and Conditioning Camp

When: June 15, 2015 – July 30, 2015 Monday – Thursday
July 6, 2015 – July 9, 2015 No Workouts

Time: 7:00 AM - 9:00 AM - 9th-12th grade
8:00AM - 9:30 AM - 7th-8th grade

Location: WHS Outback

Who: Incoming 7th – 12th graders

Fee: \$81.00 for six weeks or \$25.00 per week if you choose to sign up on a weekly basis

Dress: Shorts, t-shirt, and running shoes (one t-shirt included in camp fee)

Payment: Cash, check, or credit card (**payable to WISD Community Education**)

Description: The basis of this camp will be to improve the overall conditioning of both male and female athletes. Athletes will perform strength, speed, and agility exercises daily to improve performance, prevent injury, and build sportsmanship. Instructors will reinforce proper technique to enhance the experience of each athlete. The camp will utilize progressive strength, speed, and agility training to prepare athletes for overall strength and conditioning.

- **Please return registration form to Coach Holt or Coach Nelms at the WHS Outback**
- We look forward to enhancing the Strength and Conditioning of all WISD students.

Please call **Coach Holt at 817-598-2858, ext. 3648 or Coach Nelms at 817-598-2858, ext. 3554** or the WISD Athletic office at 817-598-2867 if you have questions.

** Please see next page for important reminder messaging information.

SAC Summer Program Messaging from Remind

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