

ALL SPORT STRENGTH CAMP

WHEN

**November 12th and
19th. December 3rd
and 10th, 6-7pm.**

WHERE

PFAC Weight Room

Stephen T. Badin High School

FEATURING: Athletes will receive hands on coaching in areas of: Strength training, flexibility, mobility, plyometrics and speed training.

**ALL
SESSIONS:
\$10 PER
SESSION**

BENEFITING

**Current 6th, 7th and
8th grade students,
boys and girls.**

CONTACT:

RSVP By November 11

**Craig Cheek
Strength and
Conditioning Coach
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