



# Speed & Strength Camp

## Date:

**June 3–Aug 1**

**All summer Monday–Thursday except for the following off days:**

**July 4, July 9&10, July 22&23**

## Cost:

**\$185**

## Time/Grades:

### Session 1:

**Incoming 9th–11th**

**8:00–10:00 AM**

**(Sports Skills 10–10:30 AM)**

### Session 2:

**Incoming 6th–8th**

**11:00–1:00 PM**

**(Sports Skills 10:30–11 PM)**

### Cub Camp:

**Incoming 2nd–5th**

**8:00–10:00 AM**

**Camp held at Grand Oaks Highschool**

*More info and registration online at*

*<https://athletetrainingandhealth.com/?event=grand-oaks-camp-2>*