



## 2017 Pirate Summer Strength and Conditioning Camp

June 19<sup>th</sup> –July 27

Monday – Thursday

*Closed July 3<sup>rd</sup> and 4<sup>th</sup>*

Incoming 9<sup>th</sup>- 12<sup>th</sup> Graders

6:00- 8:00 A.M. or 10:00 A.M. – 12:00 Noon

Cost of the camp will be 40 dollars.

Please wear tennis shoes and athletic shorts and shirts to work out in.

Name \_\_\_\_\_

Parents Name \_\_\_\_\_

Parents Phone Number \_\_\_\_\_