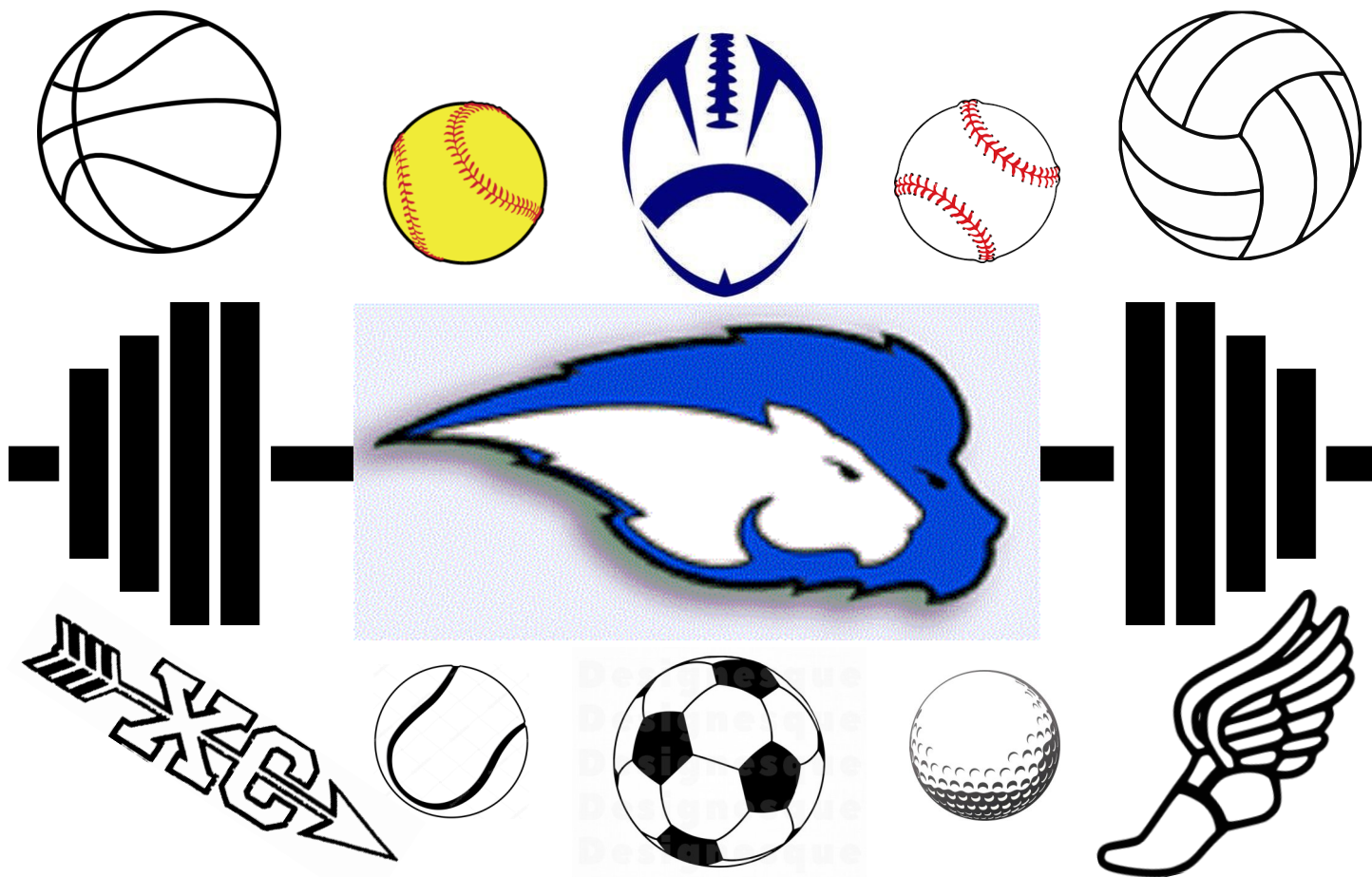


S.A.V.A.G.E.
SUMMER STRENGTH & CONDITIONING CAMP



Opportunity for incoming 7th grade– 12th grade Student-Athletes to improve their Speed, Agility, Versatility, Ability, & Gain Explosiveness

Cost is Free

Dates: June 3– July 26th

Times: 9:00AM-9:30AM Sport specific Training/ 10:00AM—12:00PM Lifting & Conditioning/ 12:30PM-1:00PM Sport Specific Training

Location: AHS Weight Room

All SGISD coaches will be present to coach, motivate, & push you to become a greater athletes for multiple sports.

For more information contact Coach Dillard idillard@sgisd.net

LIONS HUNT FOR PERFECTION