

FREE

**SHEPHERD LADY PIRATES
STRENGTH & CONDITIONING
SUMMER CAMP 2019**

DATES:

JUNE: 3rd-5th, 10th-12th, 17th-19th, 24th-26th

JULY: 1st-3rd

MONDAY-WEDNESDAY ONLY

TIME:

9:00am-10:30am: STRENGTH & CONDITIONING

10:30am-1:00pm: OPEN GYM / SPORTS SPECIFIC

(NO STUDENT MAY ATTEND MORE THAN 2 HOURS PER WEEK OF SPORTS SPECIFIC INSTRUCTION)

LOCATION:

SHEPHERD MIDDLE SCHOOL GYM

WHO:

2019-2020 7th-12th GRADE FEMALE ATHLETES

ATHLETES MUST HAVE A CURRENT MEDICAL HISTORY & PHYSICAL TO PARTICIPATE

CONTACT INFO:

COACH GAMEZ

CGAMEZ@SHEPHERDISD.NET

(936) 628-3377 ext. 4355

VIA FACEBOOK

COACH THORNTON

KTHORNTON@SHEPHERDISD.NET

(936) 628-3371 ext. 4494

VIA FACEBOOK