

2010 Cardinal Pride Strength and Agility Summer Camp

Camp Coordinators

Fort Worth Christian Coaching Staff

Purpose

The purpose of this program is to enhance individual athletic performance in strength, power, speed, and quickness. This is a training approach used to benefit athletes in all areas of competition such as volleyball, soccer, football, basketball, baseball, softball, wrestling, swimming, cheerleading, tennis, golf, track, and cross country. The overall goal is to help our athletes become faster, quicker, and stronger so they can reach their potentials in their individual sports.

Age Group

All boy and girl athletes entering 7th-12th grades

Camp Dates:

June 7-July 22 (Mon-Thurs)

Session 1 – Includes all male athletes entering 9th-12th grades

Session 2 – Includes all female athletes entering 9th-12th grades and all male/female athletes entering 7th-8th grades

Camp Times

Session 1 – 8:30 am – 10:00 am

Session 2 – 10:00 am – 11:30 am

Camp Cost:

\$125 early registration (ends 5/26/09)

\$150 late registration

Camp Location

Fort Worth Christian Campus-Cardinal Gym

All campers will receive a Cardinal Pride Camp t-shirt.

*Athletes that make 90% of the workouts will be excused from testing in the 1600 M Run the first week of school.