

SUMMER WEIGHTS AND CONDITIONING

WHO? Girls entering grades 9th — 12th

WHAT? Summer Weights and Conditioning Program

WHEN? Beginning June 3rd — June 27th

LADY COLT SESSION 8:00 am - 9:30 am

Mondays, Tuesdays, Wednesdays, and Thursdays

WHY?

- To take your game to the next level!
- To push yourself to reach your full potential!
- To increase your athletic ability!
- To give yourself the competitive edge!
- To take Campus athletics to the next level!

WHERE? Campus High School Weight Room

COST? FREE

VOLLEYBALL OPEN GYM

WHEN? JUNE 3rd - JUNE 27th (NO OPEN GYM June 11th)

Mondays, Tuesdays, Wednesdays, and Thursdays

6:30am — 8:00am *15 SESSIONS*

WHERE? Campus High - Main Gym

COST? F R E E

WHY? GET IN SHAPE! IMPROVE VBALL SKILLS! TRYOUT
FOR COMPETITIVE SUMMER COMPETITIVE TEAM!!

INDIVIDUAL WORK WITH COACHES! BOND WITH TEAM!