

Cost is \$15 for the summer. This will include a t-shirt—you can pay as you go or have a payment plan—GET INVOLVED. You DO NOT need to prepay—you will pay the fee after you begin the program.

Holmes Summer Strength and Conditioning Power Camp will include an individualized weight training program, agility drills, sled push and pull, and speed training. Open to incoming Holmes 9th graders through seniors. Equipment Needed: water bottle, tennis shoes, cleated shoes.

Husky Power Camp

"POUND THE ROCK"



Monday Through Thursdays

9:30 to 11:30

Starting Monday, June 9

Ending Thursday, July 24

Meet in Husky Weight Room

(210) 3 9 7 - 6 9 6 0

Coach Gaston

Holmes Athletic Coordinator

