



ROO Strength and Conditioning Camp

When: June 13, 2016 – July 29, 2016 Monday – Thursday
July 4, 2016 – July 8, 2016 No Workouts

Time: 7:00 AM – 9:00 AM

Location: WHS Outback

Who: Incoming 7th – 12th graders

Fee: \$75.00 for six weeks or \$20.00 per week if you choose to sign up on a weekly basis

Dress: Shorts, t-shirt, and running shoes

Payment: Cash, check, or credit card (**payable to WISD Community Education**)

Description: The basis of this camp will be to improve the overall conditioning of both male and female athletes. Athletes will perform strength, speed, and agility exercises daily to improve performance, prevent injury, and build sportsmanship. Instructors will reinforce proper technique to enhance the experience of each athlete. The camp will utilize progressive strength, speed, and agility training to prepare athletes for overall strength and conditioning.

***Please return registration form to Coach Holt at WHS, Coach Cox at Hall, Coach Rankin at Hall, Coach Thiel at Tison, or Coach Miller at Tison.** We look forward to enhancing the Strength and Conditioning of all WISD students.

Please call Coach Nelms at 817-598-2858, ext. 3554 or the WISD Athletic office at 817-598-2867 if you have questions. **You may contact Kip Holt at kholt@weatherfordisd.com.**