



Summer Camp - Girls Strength & Conditioning

- Session 2 (Rising 4th-12th Graders)

Camp Start Date: July 10, 2023

Start Time: 7:30:00 AM

Camp End Date: July 20, 2023

End Time: 9:15:00 AM

Date Details: Monday - Thursday 7:30AM - 9:15AM **July 7/10 - July 7/20**

Venue Name: Weight Room

Venue Address: 4501 Bridge Street, Fort Worth , TX 76103

Camp Cost: \$150.00

Questions: KJ Williams kwilliams@nchstx.org

Special Notes:

Nolan Catholic Summer S&C program utilizes a safe & effective training curriculum that addresses all areas of performance. It is designed to build a strong foundation in S&C - this camp is devised to teach and reinforce the fundamentals of strength, speed, and endurance. Proper technique and execution of all exercises will be a priority. It is our goal to make each day a positive experience for each athlete. *The Summer Training Program is voluntary and does not guarantee a position or place on a team. This summer-long program will take the correct approach to instruct female & male athletes on the proper techniques necessary to maximize their athletic potential. Utilizing a periodic training program, athletes will improve their linear speed over time. Athletes will also learn the proper mechanics of explosive power and resistance training at an age-appropriate pace. Footwork and quickness will be emphasized to improve change-of-direction skills.

Medical Info:

I agree that the releases, the indemnity, and the other agreements contained in the following online document (<https://bit.ly/3jTDM28>) are valid and binding on me and are a part of the consideration for MY CHILD being allowed to participate.