



## Summer Camp - Boys 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\*\*

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**Venue Name:** Weight Room

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

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**Camp Cost:** \$150.00

**Questions:** KJ Williams [kwilliams@nchstx.org](mailto: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.