

Nolan Catholic High School-Fort Worth

Strength and Conditioning (F)



## Viking Strength and Performance (Rising 9th-12th grade - Girls)

**Camp Start Date:** June 3, 2024

**Start Time:** 8:00:00 AM

**Camp End Date:** July 25, 2024

**End Time:** 10:00:00 AM

**Date Details:** Monday-Thursday, 8:00am-10:00am; Off July 3rd and 4th

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**Venue Name:** Dorskocil Athletic Complex - Dorskocil Stadium

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

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**Camp Cost:** \$200.00

**Questions:** Aaron Mattox [amattox@nchstx.org](mailto:amattox@nchstx.org) (817) 457 - 2920

### Special Notes:

Nolan Catholic Viking Strength and Performance program utilizes a safe & effective training curriculum that addresses all areas of performance. It is designed to build a strong foundation - 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.