

HOSTED BY:

COACH CHOONCHAROEN
(FOOTBALL, BOYS & GIRLS BASKETBALL)

COACH HENLEY
(VOLLEYBALL)

COACH CARSON
(VOLLEYBALL)

FIT CAMP

STRENGTH

SPEED

AGILITY

POWER

CORE



**EVERY TUESDAY, WEDNESDAY AND THURSDAY
STARTING MAY 27TH - JULY 17TH AT WASHBURN
RURAL NORTH MIDDLE SCHOOL**

**SESSION 1: 7:45 - 8:45 (7TH & 8TH GRADE
SESSION)**

SESSION 2: 9:00 - 10:00 (6TH GRADE SESSION)

**\$5 PER DAY OR \$80 UP FRONT FOR THE WHOLE
SUMMER**

VENMO INFO

@mlhenley1



venmo

SIGN-UP FORM



REMIND INFO

