HOSTED BY:

COACH CHOONCHAROEN (FOOTBALL, BOYS & GIRLS BASKETBALL)

> **COACH HENLEY** (VOLLEYBALL)

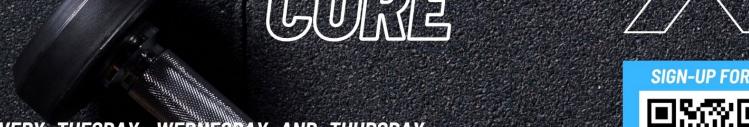
COACH CARSON (VOLLEYBALL)

FITCAMP

STRENGTH SPEED

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

@mlhenlev1



SIGN-UP FORM



REMIND INFO

