

PINEWOOD SPEED AND STRENGTH SUMMER WORKOUT CAMPS

Five weeks of camp offered between
June 3 and July 11!

Who: Rising Grade 9-12 Students

What: You will train on all aspects of Athletic Training: agility, speed, functional strength and conditioning. *Mondays and Wednesdays will include a weight lifting session.*

When: June 3-July 11, 2019; Mondays-Thursdays, 8-10 a.m. (There will be no camp the week of July 1-5.)

Where: Pinewood Gym

Why: Because you want to become a better athlete and compete at the highest level possible. This session will be great preparation for every sports season.

Cost: \$50 per week. Campers who sign up for all 5 weeks will receive a discounted rate of \$200.

Campers, please wear proper athletic clothing: athletic shorts, t-shirt and shoes!

Questions? Please email Coach Painter (hpainter@pinewoodprep.com).

