



Elder Strength & Conditioning Camp



Session I
Days:
Times:
Dates:

Current "Elder registered" 8th graders
Monday, Wednesday, Friday
5:00 – 7:00 PM
March 15th to May 14th
(No sessions Friday, April 2nd & Monday, April 5th)
Panther Fitness Center
\$200

Session I
Days:
Times:
Dates:

Current 7th graders
Tuesdays and Thursdays
5:00 – 7:00 PM
March 16th to May 13th
(No session Holy Thursday, April 1st)
Panther Fitness Center
\$150

Location:
Cost:

Head Strength and Conditioning Coach Adam Rankin and his staff look forward to directing the Elder Strength & Conditioning Camp again this Spring 2021. The camp will offer instruction in Strength training, conditioning and nutrition for Elder registered 8th graders and 7th graders.

Each day students will learn strength and conditioning techniques designed toward safety, improving strength, speed, overall conditioning and developing great nutrition habits. From improving linear speed to being in better overall health, this camp will fulfill any goal students have of self-improvement.

Due to COVID protocols, space is limited. Also, at this time, only Session I is being offered, running from March 15th to May 14th. (Details on Session II are pending)

Register at:

<https://camperregsecure.com/elderhs/>