

JUNIOR HIGH SUMMER CAMP

**GRADES
7-8**

JUNE 12-JULY 27
NO WORKOUTS JULY 3-7

INFORMATION:

- Monday-Thursday
- 8:30-10am
- T-shirt & Awards
- Intro to speed training
- Intro to weight training
- Outdoor games
- Work with HS strength staff and track staff
- All athletes are welcome
- \$75



For more details, visit:

<https://mhs.morton709.org/activitiesathletics/athletics>

Student Name: _____

Parent Name: _____

Parent email: _____

Contact: Adam O'Neill

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