



# JUNIOR HIGH SUMMER CAMP

FOR ALL ASPIRING  
ATHLETES GOING INTO  
7-8 GRADE



## ACTIVITIES:

- Speed Training
- Change of Direction Training
- Acceleration training
- Intro to weight training
- Small group mobility games
- T shirt included

June 10-June 27 M-Th 8:30-10AM Athlete Name \_\_\_\_\_

July 8-26 M-Th 8:30-10AM

\$100

Parent Name \_\_\_\_\_

Cash or Check: Morton Football

Turn flyer into Athletic Office or Parent eMail \_\_\_\_\_

Coach O'Neill



Carper Field @ Morton HS



[adam.oneill@mcusd.709.org](mailto:adam.oneill@mcusd.709.org)