ANGEL STRONG!
HIGH SCHOOL BOYS
SPEED AND STRENGTH CAMP

ALL BOYS for ALL SPORTS

Where: St. Catherine's High School (Report to weight room **Door #6 Villa St. side**)
Field training requires: Football, Baseball or Soccer Cleats

Dates: June 11th – July 27th (**No camp! July 2nd - July 6th**) SIX Weeks Total

Days/Times: Monday, Wednesday and Friday
Monday/Wednesday **10:00AM – 12:30PM**
Friday (**Beach**) **10:00AM – 12:00PM**

Cost: $100 per person
Payment arrangements available (See Coach Miller)

This camp will run Mondays, Wednesdays, and Fridays. Mondays and Wednesdays will consist of strength training and speed training. Fridays will consist of sand, hill, and water resistance training at North Beach (weather permitting). We will use the SCHS weight room for strength and Aquin Yard for speed and agility. Athletes will be supervised by members of the schools coaching staff.

For more information contact Dan Miller (dmiller@saintcats.org) or 262-994-3073. Please fill out the form below and return with cash or check (payable to SCHS) to the main office.

Name:_____ Age:_____ Year:_____

Sports:_____

Student Cell #:_____

Emergency Contact Information:

1. Parent/Guardian Name:_____

   Phone#:_____

Parent'sEmail:_____Signature:_____

2. Parent/Guardian Name:_____

   Phone#:_____

Parent's Email:_____Signature:_____