

MISSION PREP

# POWER

STRENGTH AND SPEED CAMP

MARCH 5<sup>TH</sup> - 30<sup>TH</sup> 2018

4:00PM - 5:00PM

BEGINNER \$15 PER WEEK

ADVANCED \$20 PER WEEK

Camp Director: David Schuster

## BEGINNING LEVEL

Recommended Participants:

Boys & Girls in 3rd - 6th Grades

Start Date: Monday March 5th, 2018

Days: Tuesday & Thursday

Location: Mission Prep Weight Room

Goal: Physical fitness, along with enhancement of athleticism and focus on strength, explosion and speed.

## ADVANCED LEVEL

Recommended Participants:

Advanced 7th & 8th Grades

Start Date: Monday May 5th, 2018

Days: Mon - Wed - Fri

Location: Mission Prep Weight Room

Goal: Enhance athleticism with primary focus on strength, explosion, and speed.

Contact for more info by e-mail [camp@missionprep.org](mailto:camp@missionprep.org)