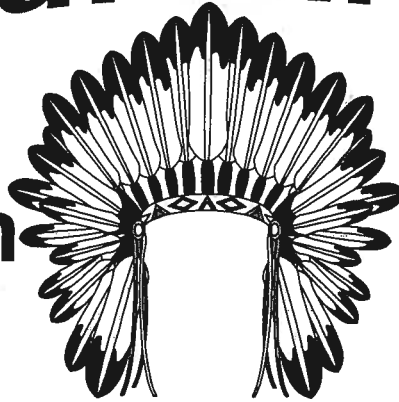


Jourdanton

Indian Squaw



Weight Training and Conditioning Camp

The Jourdanton Indian/Squaw Summer Weight Training and Conditioning Camp will start on Monday, June 1st and will run four days a week, through July 23rd. The camp is for all athletes that will be in grades 9-12 next school year. There will be one session for sure from 8:00 a.m. - 10:00 a.m., Monday through Thursday. Another session is possible from 6:00 p.m. - 8:00 p.m. if there is enough interest. Each two hour session will consist of one hour of weight lifting and one hour of conditioning and agility drills. The camp will be run by Jourdanton High School Coaches. There will be no charge for this camp so sign up today and get ready for a GREAT 2009-2010 athletic season!!

Name _____

Grade for 2009-2010 School Year _____

Sports you Play _____

Session you would like to attend:

8:00 a.m. - 10:00 a.m. _____

6:00 p.m. - 8:00 p.m. _____

T-Shirt Size _____ T-Shirts will be available for \$10.00