

HILL-MURRAY

STRENGTH AND CONDITIONING

WHAT: Developing and improving overall athleticism. Camp is an introduction to physical fitness through weight training, plyometrics, agility work, and varied athletic movements. The camp is open to students who are brand new to strength training, and students with an extensive background in strength training. The camp will be led by Rob Reeves, Hill-Murray Strength and Conditioning Coordinator, as well as other Hill-Murray coaches.

WHERE: Hill-Murray School. Fitness Center and Stadium

WHEN: Monday - Thursday, June 6th - August 11th
No camp the week of July 4-7
There are three time slots available each day
7:00 - 8:30 am
11:45 am - 1:00 pm
1:15 - 2:30 pm

WHO: Any student entering grades 7-12.

QUESTIONS: Please contact John Pohl or Rob Reeves
jpohl@hill-murray.org rreeves@hill-murray.org