



Nacogdoches High Dragon Athletic Department

Summer 2016 Nacogdoches High School **STRENGTH & CONDITIONING CAMP**

All-Sports Summer Workout Camp for NISD Boys and Girls, incoming grades 7-12

The six-week Nacogdoches High Summer Workout and Conditioning Program is conducted and supervised by NHS athletic staff members. There will be one hour of supervised weights and one hour of conditioning. This camp is designed to improve an athlete's:

Speed, Agility & Footwork

Strength Training

Conditioning

Hosted at Nacogdoches High School Weight room

June 13 – June 30, 2016
July 11 – 15; July 25 – 28; Aug. 1 – Aug. 4, 2016
(No workout weeks of July 4; July 18, 2016)
Monday – Thursday

8:00-10:00 am

Send completed form to **NISD Athletics** to:

Coach Bobby Reyes
Nacogdoches High School
4310 Appleby Sand Rd.
Nacogdoches, Texas 75965
936-560-8176

Name: _____ Guardian: _____

Home Phone: _____ Work: _____ Cell: _____

Sport: _____ 2016 grade level : _____

For more information contact Coach Reyes @ 936-564-2466 ext 2132

“Champions are the first to arrive, the last to leave and take the most advantage of each moment in between.”