

# WARRIOR POWER

## SUMMER 7th - 8th Grade

### PERFORMANCE CAMP

**What:**

Warrior Power Performance Camp is an introduction to strength and conditioning training for **incoming 7<sup>th</sup> & 8<sup>th</sup> grade students**. The camp focuses on developing an athlete's linear & lateral speed, quickness, strength, power, flexibility, mobility & endurance by focusing on a variety of fun, challenging, and competitive exercises and activities.

**Where:**

Waukee High School Fitness Center

**When:**

June 10th – July 19th

Monday, Wednesday, Friday

Session Time:

10:00am – 11:00am

**Cost:**

\$120.00 (Includes T-shirt)

**Camp Instructors:**

Waukee Strength & Conditioning Staff

**What Do I Need To Bring:**

Workout Clothes (shorts/t-shirt)

Appropriate gym shoes

A positive attitude!

A good work ethic!

*Registration information can be found under camps and clinics on the Waukee High*

*School Athletic Website: <http://www.waukeeactivities.org/activities-department/camps-clinics/>*

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Follow us on twitter @WaukeeStrength