

WARRIOR POWER

FALL PERFORMANCE CAMP

6th, 7th, 8th Grade

What:

Warrior Power Performance Camp is an introduction to strength and conditioning training for **6th, 7th & 8th 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:

November 11th – December 19th

(no training session on November 28)

Mondays and Thursdays

Session Time:

5:30pm – 6:30pm

Cost:

\$75.00 (includes t-shirt) (no refunds)

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: <https://warriors.waukeeschools.org/>

Questions Contact: Chad Vollmecke cvollmecke@waukeeschools.org

Jay Dahl jdahl@waukeeschools.org

Financial assistance available: Contact Coach Vollmecke or Coach Dahl

If WHS cancels or lets school out early camp will not meet that day.

Follow us on twitter @WaukeeStrength

