

# Marshall Rams Summer Power Camp 2018

For all incoming 9th-12th



**JUNE 11th – JULY 27th  
(MONDAY-THURSDAY)  
8:00—10:00 AM  
MARSHALL HIGH SCHOOL  
COST: \$50  
NO REFUNDS WILL BE GIVEN  
\*\*PAYMENT PLANS CAN BE ARRANGED**



## WEEKS OF POWER CAMP

WEEK ONE: JUNE 11th — 14th

WEEK TWO: JUNE 18th — 21st

WEEK THREE: JUNE 25th — 28th

**\*\*OFF WEEK: JULY 2nd — JULY 6th\*\***

WEEK FOUR: JULY 9th — 12th

WEEK FIVE: JULY 16th — 19th

WEEK SIX: JULY 23th — 26th

THIS CAMP IS DESIGNED TO HELP KEEP ATHLETES IN SHAPE DURING THE SUMMER.

COACHES WILL WORK ON ALL ASPECTS OF FITNESS:

WEIGHT TRAINING WITH CORE EXERCISE

RUNNING FORM AND AGILITY DRILLS

QUESTIONS — Email Coach Williams @ [timothy.williams@nisd.net](mailto:timothy.williams@nisd.net) or

Coach Gutierrez @ [patricia-c.gutierrez@nisd.net](mailto:patricia-c.gutierrez@nisd.net)

- MONEY CAN BE TURNED INTO A MARSHALL COACH OR BROUGHT TO CAMP ON FIRST DAY.
- CAMP WILL BE CONDUCTED BY COACHES OF MARSHALL HIGH SCHOOL.
- BRING CLEATS AND TENNIS SHOES TO WORKOUTS
- NO JEWELRY

# MARSHALL POWER CAMP 2018

For all incoming 9th-12th graders

STUDENT ATHLETE NAME \_\_\_\_\_

GRADE \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

MIDDLE SCHOOL ATTENDED \_\_\_\_\_

PAYMENT BY: **(FILLED OUT BY COACHES)**

CASH (RECEIVED) \_\_\_\_\_

CHECK # \_\_\_\_\_

RETURN TO MARSHALL HIGH SCHOOL

ATHLETIC COORDINATOR TIM WILLIAMS OR

ASSISTANT ATHLETIC COORDINATOR PATRICIA GUTIERREZ

Questions? Please call Coach Williams at (210)397-7162 or  
Coach Gutierrez at (210) 397-7158