

Marshall Rams Summer Power Camp

2019

For all incoming 9th—12th

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

SPORT SPECIFIC SKILL WORK *Will start in July*

Weeks of Power Camp

Week One: June 10—13

***Week Four: July 8 & July 11**

Week Two: June 17—20

Week Five: July 15—18

Week Three: June 24—27

***Week Six: July 24 & July 25**

OFF WEEK: July 1—4

Week Seven: July 29—Aug 1

*** UIL DEAD DAYS ARE JULY 9TH, JULY 10TH, JULY 22ND, JULY 23RD**

Time: 7:30—9:30 AM

Cost: \$75

Where: Marshall High School

*** Payments plans can be arranged***

No Refunds will be given

- **MONEY CAN BE TURNED INTO A MARSHALL COACH OR BROUGHT TO CAMP ON THE FIRST DAY**
- **BRING CLEATS AND TENNIS SHOES TO WORKOUTS**
- **NO JEWELRY**

QUESTIONS— Email Coach Williams timothy.williams@nisd.net or

Coach Nichols danielle.nichols@nisd.net

MARSHALL POWER CAMP

2019

For all incoming 9th-12th graders

STUDENT ATHLETE NAME _____

GRADE _____

PHONE NUMBER _____

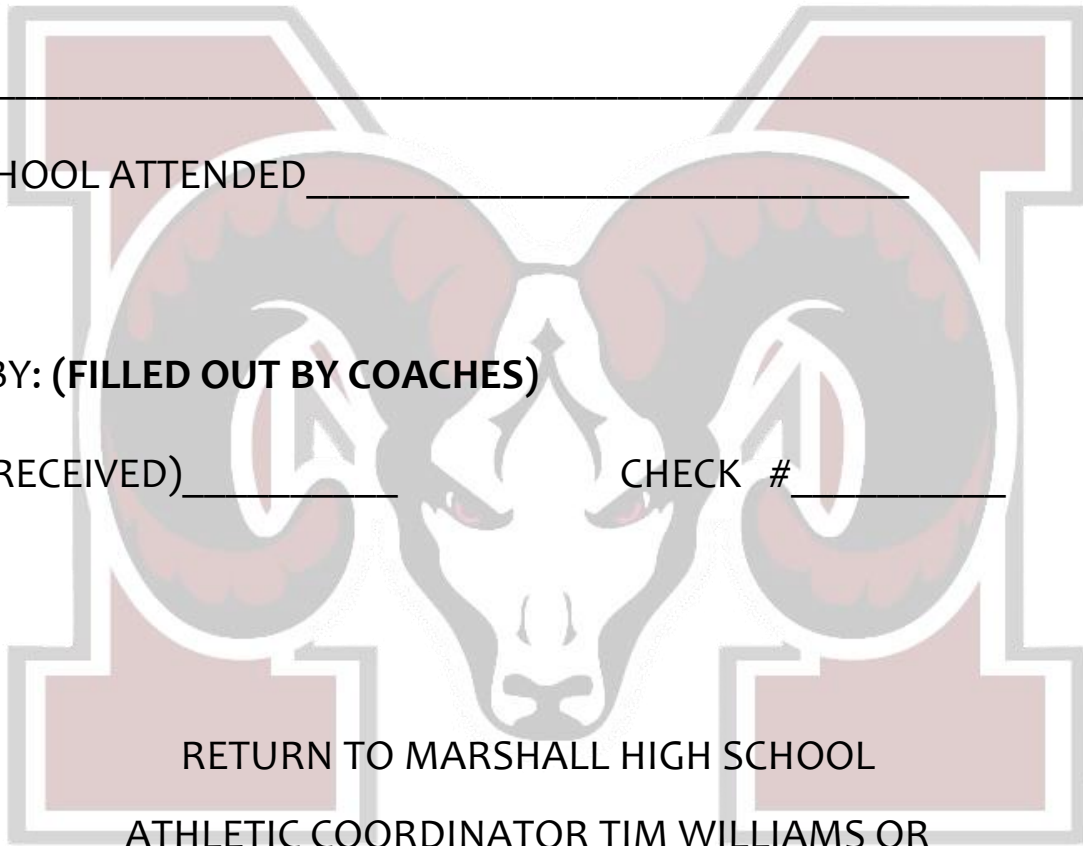
Sports: _____

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 DANIELLE NICHOLS

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

Coach Nichols at (210) 397-7158