

Marshall Rams Summer Power Camp

2020

For all incoming 9th—12th

THIS CAMP IS DESIGNED TO ADHERE TO THE COVID-19 REGULATIONS WHILE HELPING TO GET ATHLETES IN PEAK PERFORMANCE FOR THE SEASON

COACHES WILL WORK ON ALL ASPECTS OF FITNESS:

WEIGHT TRAINING WITH CORE EXERCISE

RUNNING FORM AND AGILITY DRILLS

SPORT SPECIFIC SKILL WORK

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

Weeks of Power Camp

Week One: June 15—19

Week Four: July 13—17

Week Two: June 22—26

**Week Five: July 22—24

Week Three: June 29—July 2

Week Six: July 27—31

OFF WEEK: July 6—10

* UIL DEAD DAYS ARE JULY 3RD, JULY 20TH, JULY 21ST

Time: **7:30—11 AM (First 30 mins- COVID-19 Procedures) If athlete does not meet requirements and regulations they will be sent home
Incoming 9th session will be from 11 AM—1 PM

Where: Marshall High School

Cost: \$75

No Refunds will be given * Payments plans can be arranged*

- MONEY CAN BE TURNED ON THE FIRST DAY
- CAMP WILL BE CONDUCTED BY COACHES OF MARSHALL HIGH SCHOOL
- **MUST BRING OWN WATER**
- BRING CLEATS AND TENNIS SHOES TO WORKOUTS
- NO JEWELRY