



# STRENGTH & CONDITIONING CAMP

TEURLINGS CATHOLIC HIGH SCHOOL  
REBEL STADIUM - VISITOR'S SIDE DROP OFF

**GIRLS & BOYS  
7TH & 8TH GRADE  
(24/25 SCHOOL YEAR)**

**SESSION 1**  
JUNE 3, 5, 7, 10, 12, 14, 17, 19, 21  
(M/W 4-5:30 PM) (F 9-10:30 AM)

**SESSION 2**  
JULY 8, 10, 12, 15, 17, 19, 22, 24, 26  
(M/W 4-5:30 PM) (F 9-10:30 AM)

SESSION 1 OR 2

**\$150**

Venmo or Pay Day of Camp

BOTH SESSIONS

**\$250**

## TRAINED BY:

DANE CHARPENTIER (TCHS '02)  
HEAD FOOTBALL COACH

ANDREW HEBERT (TCHS '09)  
STRENGTH & CONDITIONING

## FOCUS

- Speed Training
- Weight Training
- Explosive Movements
- Speed and Flexibility Improvement
- Athletic Improvement

Campers bring water bottles and wear athletic clothing and tennis shoes

**REGISTER HERE**

 [tchs.net/student-life/camps](http://tchs.net/student-life/camps)

