

**GIRLS & BOYS
7TH & 8TH
GRADE
(25/26 SCHOOL YEAR)**

TCHS



**STRENGTH
& CONDITIONING
CAMP**



SESSION 1 OR 2

\$150

BOTH SESSIONS
\$275



SESSION 1 - JUNE
3,4,5,10,11,12,17,18,19
4:00-5:30 PM

SESSION 2 - JULY
8,9,10,15,16,17,21,22,23
4:00-5:30 PM

REGISTER HERE
 tchs.net/student-life/camps

FOCUS

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

TEURLINGS

CATHOLIC HIGH SCHOOL

WEIGHT ROOM

139 TEURLINGS DRIVE - LAFAYETTE, LA 70501