



2010 Midland High Strength and Conditioning Camp

Date: June 14th - July 29th

Location: Midland High Field House at Memorial Stadium

Cost: \$50.00 (6 weeks total or workouts and instruction)

Time: There will be four sessions per week on Monday – Thursday
Monday, July 5th - Thursday, July 8th are a vacation week
Incoming 10th - 12th graders: 8:00 - 10:00
7th, 8th, 9th graders and High School Girls: 10:30 - 12:00

Registration: 10th - 12th Graders: Monday, June 14th 7:30-8:00
7th, 8th, 9th Graders and High School Girls: Monday, June 14th 10:00-10:30

* There will be a registration form for you to fill out when you register. It does require a parent signature.

For more information contact: Craig Yenser at the Midland High Field House, 689-1195, or 689-1193