


7th and 8th Grade Boys

Beck Strength and Conditioning Camp / FB Skills

1. Sign up on the Google Doc form [link](#) or scan the QR code. 
2. All required physical, medical history, and online forms must be completed, dated after May 1, 2024 in order to participate
3. Bring a water container. There will be a water station for re-fills.
4. Enter down the sidewalk towards the back of the school at the weight room entrance
5. Workout attire will not be provided. Athletes are responsible for wearing their own clothes. Be sure to have the appropriate workout shoes for indoors/weight room. Football cleats are recommended for the skills session, but not mandatory.

For questions you may call:

Coach Radke (8th grade) 281-237-3413

Coach Etzler (7th Grade) 281-237-3419

Dates and Times:

August 5th – August 13th (weekdays only)

6:45am – 8:00am Arrive at 6:30am

6:45-7:15 7th Skills

7:15-8:00 7th Weightroom/Agility/Core

6:45-7:30 8th Weightroom/Agility/Core

7:30-8:00 8th Skills