

## **7<sup>th</sup> and 8<sup>th</sup> Grade Boys**

### **Beck Strength and Conditioning Camp / Football Skills**

- 1. Sign up on the Google Doc form link:  
<https://forms.gle/Gssz5LDbBZowh6pD9>**
- 2. All required physical, medical history, and online forms must be completed, dated after May 1, 2023 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 (8<sup>th</sup> grade) 281-237-3413  
Coach Etzler (7<sup>th</sup> Grade) 281-237-3419**

#### **Dates and Times:**

**August 2nd – August 15<sup>th</sup> (weekdays only)**

**6:45am – 8:00am ..... Arrive at 6:30am**

**6:45-7:15 7<sup>th</sup> Skills**

**7:15-8:00 7<sup>th</sup> Weightroom/Agility/Core**

**6:45-7:30 8<sup>th</sup> Weightroom/Agility/Core**

**7:30-8:00 8<sup>th</sup> Skills**