

7th and 8th Grade Boys

Beck Strength and Conditioning Camp / Skills

1. Sign up on the Google Doc form link:
<https://forms.gle/y8nc6Ujf66mabhrj6>
2. All required physical, medical history, and online forms must be completed, dated after May 1, 2025 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 Craven (7th Grade) 281-237-3410**

Dates and Times:

July 31st – August 12th (weekdays only) No FB/Skills Friday Aug 8th

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