

# Sabercat Summer Speed, Strength and Agility Camp Schedule and Information

## Register @ Sabercatsports.org

### **Boys/ Girls Soccer (M W F)**

Weight room-6:30-7:30am

Grass-7:30-8:30am (M-F)

### **Football Varsity & JV**

Weight Room-7:30-8:45am

(M T THR F)

### **Wrestling (M W F)**

Wrestling Room-9:00-10

Weight Room-10:00-11

### **Girls Volleyball Varsity/JV**

\*\*scott is doing own thing so I do not know

### **Fast Pitch Softball (M W F)**

Grass – 8:00-9:00

Weight Room-9:00-10:00am

### **Baseball(M W F)**

Grass – 8:00-9:00

Weight Room-9:00-10:00am

### **Boys & Girls Cross**

#### **Country(M W F)**

Running 8-9

Weight Room-9:00-10:00am

### **Boys & Girls Golf (M W F)**

Grass – 8:00-9:00

Weight Room-9:00-10:00am

### **Boys & Girls Lacrosse**

Grass – 8:00-9:00 (M W F)

Weight Room-9:00-10:00am

### **Boys & Girls Track & Field**

Grass – 8:00-9:00 (M W F)

Weight Room-9:00-10:00am

### **Coed Cheer (M W F)**

Weight Room-10-11

Commons-9-10

### **Pom (M W F)**

Weight Room-10-11

Commons-9-10

### **Boys & Girls Tennis (M W F)**

Gym-9:00-10:00am

Weight Room-10:00-11:00am

### **Boys & Girls Basketball (M W F)**

Weight Room-10:00-11:00am

Gym-11:00-12:00pm

### **Boys & Girls Swimming (M W F)**

Grass – 10:00-11:00

Weight Room-9:00-10:00am

### **Hockey (M W F)**

Weight Room-10:00-11:00am

Gym-11:00-12:00pm

### **Boys Volleyball (M W F)**

Weight Room-10:00-11:00am

Gym-11:00-12:00pm

### **CRMS, 7<sup>th</sup> & 8<sup>th</sup> Graders (M W F)**

Weight Room-11:00 -12:00pm

Gym-12:00-1:00pm

### **Camp Information**

1. Register @ Sabercatsports.org
2. Lunch provided 10:45-1:30pm
3. Smart Phone App
4. Weekly Blog
5. Sabercat T Shirt for all

START: June 3

END: July 26

NO LIFTING

THUR JULY 4 & 5

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