ANOKA GIRLS HIGH SCHOOL/15 U F5 CAMP





7 WEEKS OF TRIANING ON-ICE, DRYLAND, AND LIFITING

TUESDAY- DRYLAND 7:15-8:45, ICE 9-10:30, LIFT 11-11:45

WEDNESDAY- ICE 7:15-8:45, DRYLAND 9-10:30, LIFT 11-11:45

THURSDAY- DRYLAND 7:15-8:45, ICE 9-10:30, LIFT 11-11:45

\$440 PER PERSON

TRAINED BY: LOGAN SYVOCK HEAD VARSITY GIRLS COACH

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