

One Fee for
The Summer!



HARDING FITNESS CAMP



6th, 7th and 8th Grade



Harding Middle School
4801 Golf Street NE
Cedar Rapids, IA 52402



Monday, Wednesday and Friday
Beginning June 17th - 8:00 - 9:30 am

Camp Purpose

The purpose of the camp is to build speed, endurance and agility through a variety of drills and exercises. Athletes will also be introduced to proper techniques of weightlifting and be using the weight machine at Harding. This camp will incorporate drills designed to improve athletic skills and abilities in a variety of sports. Team building will also be an important component of this camp as we work together for a common goal. By the end of the summer we will have a positive, "can do" attitude!

Speed ♦ Agility ♦ Strength ♦ Conditioning

Location

Athletes should report to the front foyer of Harding 8:00 am on Monday, June 17th Camp will be held on the practice field south of Harding Middle School

Equipment

Each athlete should bring cleats/running shoes, and personal workout gear. A camp t-shirt will be provided to each camper. We will be using ropes, dot mats, agile bags, ladders, weight machines to teach proper fundamentals.

Cost / Registration

The cost of the Fitness Camp is \$75.00. **Detach the registration slip and return it along with the camp fee to:**

James Franta Football Camps
5037 Louisa ST NE
Cedar Rapids, Iowa 52402

Please make all checks payable to: James Franta

Register online at:

http://www.active.com/event_detail.cfm?event_id=2095917

2013 HARDING FITNESS CAMP

NAME _____

ADDRESS _____ ZIP CODE _____

PARENT'S NAME _____ T-SHIRT SIZE (ADULT): M L XL XXL

PARENT'S SIGNATURE _____ HOME PHONE # _____ WORK # _____

PARENT'S E-MAIL _____

**HARDING
FITNESS CAMP**
DOMINATION