Jaguar Strength & Speed Camp

Westmoore Athletic Development

Develop Strength, Power, Speed, Agility, & Explosiveness



Who: Any Male or Female – Grades (9-12)

Location: Westmoore Weight Room (Door 28)

Time: Monday, Tuesday & Thursday

 Session 1: Boys 10:00 am – 11:00 am

 Session 2: Girls 11:00 am – 12:00 am

When: June Session (June 10th – June 28th)

 July Session (July 8th – August 2nd)

Cost: $100

WRESTLING ONLY (Meet in Wrestling Room Door 22)

Who: Any Male or Female – Grades (6-12)

Session 3: Boys/Girls 6:00 PM - 7:30 PM

When: June Session (June 10th – June 28th)

 July Session (July 8th – August 2nd)

Cost: $100

\*Sign up before May 10th and receive a T-Shirt

\*Payments due by May 15th

Payment Method – Cash or Go to My Payments Plus on the [Westmoore Webpage](https://www.mypaymentsplus.com/welcome)

Contact Information: Coach Cook or Coach Finn

\*Please fill out and turn in if paying in CASH\*

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sport:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ T-Shirt Size\_\_\_\_\_\_\_\_\_\_\_**