



TRADITION OF CHAMPIONS YOUTH CAMP



For current 7th and 8th grade athletes who want to learn the fundamentals of agility/speed training, weight-lifting and the attitude that will prepare their bodies and minds for any type of sports season. Athletes will be introduced to a variety of lifts and movements that are most commonly used in sports, as well as stretching and core development. Led by Head Coach Doug Case, this program is open to all athletes who want an edge going into high school sports.

Where: Foothill Weight Room (Event Center)

When: Mondays and Thursdays

Dates: March 26 through May 14, 2020

Time: 4:30pm- 6:00pm

Cost: \$150 donation

What to wear and bring:

- Bring signed permission slip and payment
- Come dressed in shorts and t-shirt with tennis shoes and socks. Bring water.
- Drop off & pick up at the Event Center

Go to www.foothillfootball.org to download permission slip. Checks can be made payable to Foothill Football Boosters. If you have any questions please contact us at foothillfootball@yahoo.com.

Foothil High School | 19251 Dodge Avenue, Santa Ana | 92705



Back to Back League Champions!