



## **Middle School Strength & Conditioning 2025**

### **(incoming 6th-8th grade)**

**Camp Start Date:** July 7, 2025

**Start Time:** 8:00 AM

**Camp End Date:** July 24, 2025

**End Time:** 9:30 AM

**Date Details:** Strength & Conditioning will be Monday-Thursday 8:00-9:30am.

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**Venue Name:** St. John Paul II Catholic High School

**Venue Address:** 6720 FM 482, New Braunfels, TX 78132

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**Camp Cost:** \$75.00

**Questions:** Holly Blackman [hblackman@johnpaul2chs.org](mailto:hblackman@johnpaul2chs.org) (830) 643 - 0802

**Special Notes:**

Athletes will work on speed, agility, endurance, and plyometric activities. Athletes will be lifting their body weight and working with weightlifting plates and dumbbells.

**Medical Info:**

Please make coaching staff aware of any medical conditions or concerns.