

Indianola High School Athletics

Presents

1ST ANNUAL INTRO TO STRENGTH AND CONDITIONING CAMP

Camp Details

Objective: This camp provides an opportunity to learn proper lifting technique, explosive power, foot quickness and change of direction.

6th, 7th & 8th Grade Session

Monday & Wednesday
5-6pm

Location: Indianola Middle School Stadium
Cost: \$100

Make Checks payable to: Indianola High School Athletics

Mailing Address: IHS Athletic Department,
1304 E 1st Ave., Indianola, IA 50125

Contact Info.

Preston West
Strength & Conditioning Coach
coachwest41@gmail.com
(319) 899 - 7941



Camp Dates

June 5 & 7
June 12 & 14
June 19 & 21
June 26 & 28
July 11 & 13
July 18 & 20
July 25 & 27

Athlete's Information

Name: _____

Parent(s) Name: _____ **Phone #:** _____

Grade as of 2017/18: _____

Email: _____

***Camp deadline: May 30th, 2017**