

# 7<sup>TH</sup>/8<sup>TH</sup> GRADE BOYS BULLDOG STRENGTH & SPEED TRAINING

## WHEN

April 3<sup>rd</sup> – May 17<sup>th</sup>

7<sup>th</sup>/8<sup>th</sup> Grade Boys: 5:30 – 6:30 p.m.

\*M, Tu, Wed (Come all 3 nights or choose which ones you can come to)

## WHERE

Batavia High School  
Weightroom & Field  
House

Enter Athletic Entrance (Main St. side)



## 7<sup>TH</sup> – 8<sup>TH</sup> GRADES

### STRENGTH TRAINING

- Proper form & technique for a variety of exercises
- Functional movement training
- Build strength
- Gain confidence
- Fun Atmosphere!

### SPEED TRAINING

- Speed Technique
- Improved power/explosiveness
- Improved Agility
- Weekly speed & agility competitions

### COST

\$100 7<sup>TH</sup>/8<sup>TH</sup> BOYS

### REGISTER

[HTTPS://WWW.BAAFTCAMPS.ORG/](https://www.baaftcamps.org/)

### QUESTIONS

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