

7TH/8TH GRADE GIRLS BULLDOG STRENGTH & SPEED TRAINING

WHEN

April 3rd – May 17th

8th Grade Girls: 5:00 – 6:00 p.m.

*Mondays & Wednesdays

WHERE

Batavia High School
Weightroom & Field
House

Enter Athletic Entrance (Main St. side)



7TH/8TH GRADE GIRLS

STRENGTH TRAINING

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

SPEED TRAINING

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

COST

\$80 7TH/8TH GIRLS

REGISTER

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

QUESTIONS

Coach Mike Theriault –
Michael.Theriault@bps101.net

Coach McKenna Kelsay –
Mckenna.Kelsay@bps101.net

