

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

## WHEN

April 7<sup>th</sup> – May 19<sup>th</sup>

Mondays & Wednesdays  
5:15 – 6:15 p.m.

## WHERE

Batavia High School  
Weightroom & Field  
House

Enter Athletic Entrance (Main St. side)



# 7<sup>TH</sup>/8<sup>TH</sup> 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**

## REGISTER

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

## QUESTIONS

Coach Alex Piron -  
[Alexandra.piron@bps101.net](mailto:Alexandra.piron@bps101.net)

Coach Mike Theriault -  
[Michael.Theriault@bps101.net](mailto:Michael.Theriault@bps101.net)

