

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

WHEN

April 7th – May 18th

7th/8th 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)



7TH – 8TH 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 7TH/8TH BOYS

REGISTER

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

QUESTIONS

Coach Mike Theriault –
Michael.Theriault@bps101.net

Coach Cody Murphy
Cody.Murphy@bps101.net

