

"Rev it up!" Conditioning Camp

Get back into shape for fall sports! This two-week camp focuses on athletic preparation through strength and conditioning drills. It will include running, circuit training, plyometrics, strength balls, agility, quickness, dot drills, and more!

This camp is intended for students in grades 7-12. It is a great way for volleyball, football, and tennis players as well as cheerleaders to get geared up for the fall sports season! This camp is not limited to fall sport athletes. It will be very intense with maximum results in mind! Come ready to work hard!

When- August 2 - August 13 (Monday- Friday)

Session 1- 6:30-7:45am

or

Session 2- 7:45- 9:00am



Where- Parkers Prairie High School

Cost-\$70.00 per person (this includes a T-shirt)

*A dream doesn't become reality through magic;
it takes sweat, determination and hard work.*

~C. Powell

Name: _____

Grade Level _____

Session Choice: _____

Parent Signature: _____

Emergency contact number: _____

Student Signature: _____

To register: Submit registration form and \$70 by dropping it off in school office, mailing it to Amy Revering at 50986 Snow Lake Rd Vining, MN 56588, or bringing it on the first day of camp.

Make checks payable to Amy Revering

Any questions call Amy at 320-808-8866

*No refunds after the first day of camp

* Not responsible for any injuries that may occur during camp.