



Blue Raider *SUMMER DEDICATION* Strength & Conditioning Camp

Open For All Male & Female Athletes Entering Grades 7-12



BOYS: 8:00am - 10:00am

GIRLS: 10:00am - 11:00am *or* 11:00am - 12:00pm

LOCATION: E. Don Brown Activity Center, L.D. Bell HS

MONDAY - THURSDAY

JUNE 1-3, 7-10, 14-17, 21-24

JULY 5-8, 12-15, 19*-22, 26-29

*July 19 is the annual HEB coaches' clinic. Summer Dedication times TBD.

In one session per day for four days, athletes will train with weights, resistance, agilities, stretching, endurance, and recovery. Programming will focus on linear, lateral, vertical, and change of direction movements while building core stability, balance, and strength.

This program is designed to enhance performance in all sports by increasing strength, power, flexibility, speed and agility.

***All athletes MUST have a physical dated on or after
May 1, 2021 in order to participate.***

Cost: FREE

Questions? Contact Coach Dibble at
(817) 282-2551 ext. 3238 or tjdibble@hebisd.edu

To register, visit: <https://linktr.ee/BlueRaiderStrength>
or **scan** the QR Code:

