

# STRENGTH, CONDITIONING LIFE SKILLS CAMP

## DESIGNED FOR MALE & FEMALE ATHLETES

FACILITATED BY LCC AND LOCAL FOOTBALL COACHES

**WEDNESDAYS 5 - 6:30pm**

11 - 14 year olds, LCC Weight Room

**SUNDAYS 9 - 10:30am**

8 - 14 year olds, on the LCC Track

**WEDNESDAYS, Feb 19 - April 1**

Feb 19  
Feb 26  
March 4  
March 11  
March 18  
March 25  
April 1

**SUNDAYS, Feb 23 - March 29**

Feb 23  
March 1  
March 8  
March 15  
March 22  
March 29

**\$100 for just Sundays or just Wednesdays**  
**\$200 for both sessions • SCHOLARSHIPS Available!**

Visit [lccfootball.com](http://lccfootball.com) for registration. Can prorate if missing more than 3 days in one session. Please contact LCC Football Liaison, Rachel Hart at [petdrach@sbcglobal.net](mailto:petdrach@sbcglobal.net) regarding this, or any other questions regarding the program.

