

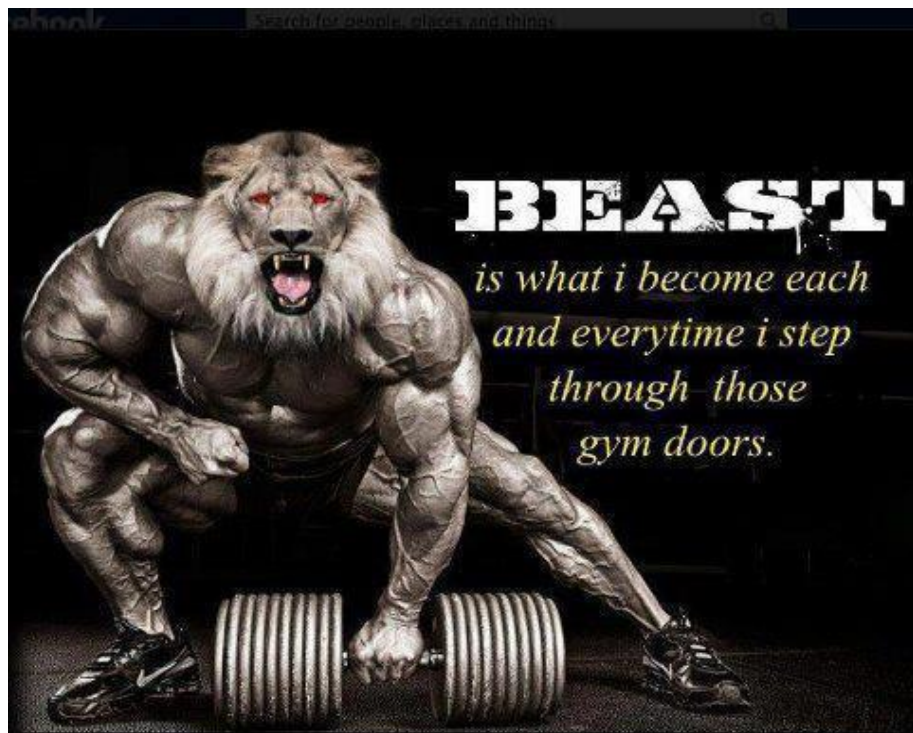
BULLDOG

EXPLOSIVE

AGILITY

STRENGTH

TRAINING



This is a summer program designed for ALL athletes from incoming 7th graders to seniors, boys and girls. It will focus on all 4 facets of athleticism 1) Dynamic Strength 2) Power Training 3) Speed and Vertical Improvements 4) Chaotic and Unbalanced movements. This is a non-sport specific program designed to develop a better athlete. Age and ability levels will be taken into consideration for ALL athletes participating. Detailed instruction and constant supervision will be a priority to ensure proper and safe technique in all areas.

This is a 6-week program

June 4th thru July 19th, with the week of July 2nd off.

TWO sessions per day, Monday through Thursday, lasting 1 ½ hours.

Session start times are 6:30 AM and 8:00 AM

Location: Borger HS Temporary Weight Room 200 S. Bryan St.

**The cost is \$45 per athlete, 2 athletes same family \$60, 3 athletes same family \$75. Checks Payable to camp director: Brian Coker
Each athlete will receive a BEAST t-shirt at the end of camp.**

For more information contact Coach Coker at brian.coker@borgerisd.net or Coach Lasley at kevin.lasley@borgerisd.net

For detailed information, videos, updates, go to Facebook “Borger BEAST Program”.