



**WANT TO BE FASTER,  
STRONGER, AND MORE  
EXPLOSIVE?**



**3RD-8TH GRADE**

## **SPEED-ATHLETIC DEVELOPMENT CAMP**

**SUNDAYS FROM 6:30-8:00PM**

**WEEK 1: FEB 26**

**WEEK 2: MAR 5**

**WEEK 3: MAR 12**

**WEEK 4: MAR 19**

***SPRING BREAK***

**WEEK 5: APR 9**

**6TH-8TH GRADE**

## **FUNDAMENTAL STRENGTH TRAINING CAMP**

**WEDNESDAYS FROM 6-7:15PM**

**WEEK 1: MAR 1**

**WEEK 2: MAR 8**

**WEEK 3: MAR 15**

**WEEK 4: MAR 22**

***SPRING BREAK***

**WEEK 5: APR 12**

**BRIAN CLARKE, *SPORTS PERFORMANCE COORDINATOR FOR NOBLESVILLE ATHLETIC DEVELOPMENT***

*Questions? Email [brian\\_clarke@nobl.k12.in.us](mailto:brian_clarke@nobl.k12.in.us)*

**REGISTER BY FEBRUARY 25<sup>TH</sup>**

**[nhswellness.org/paypal/speed-camp.php](http://nhswellness.org/paypal/speed-camp.php)**

**WE OFFER SIBLING RATES, DUAL-CAMP, AND GROUP DISCOUNTS. RETURN CAMPERS WILL RECEIVE A \$10 DISCOUNT FOR SPRING CAMPS USING THE "camp2016" DISCOUNT CODE.**