

# BIRDVILLE HIGH SCHOOL 2018 SUMMER PERFORMANCE CAMP

**OPEN TO:** ALL MALE AND FEMALE ATHLETES ENTERING GRADES 7-12 IN AUGUST 2018.  
The student must have a **CURRENT PHYSICAL / MEDICAL HISTORY** form.

**WHERE:** BIRDVILLE HIGH SCHOOL

**WHEN:** June 18th Through August 2nd. We Will Work Out Monday Through Thursday For 6 Weeks.  
**NOTE: THERE IS NO CAMP THE WEEK OF July 2<sup>nd</sup> - July 5<sup>th</sup>.**

**TIMES:** MALES (10<sup>th</sup> – 12<sup>th</sup> Grades) - 7:00 A.M. TO 8:30 A.M.  
MALES (7<sup>th</sup> – 9<sup>th</sup> Grades) -- 8:45 A.M. TO 10:00 A.M.  
FEMALES (7<sup>th</sup> – 12<sup>th</sup> Grades) – 10:15 A.M. TO 11:30 A.M.

**WHAT TO EXPECT:** Individualized strength development program as well as implementations of flexibility, agility, speed, quickness, and explosiveness to progressively improve athletic ability.

**COST:** \$100.00  
Register Online by using the **Athletics tab** on the **Birdville High School** home page  
or  
By Check [Checks must be made out to BHS]

**If paying by check:**  
Please mail the information **below** and **your check (made to BHS)** to:  
Lon Holbrook  
C/O BHS Summer Performance Camp  
9100 Mid Cities Blvd  
North Richland Hills, TX 76180

**CAMP COORDINATOR:** LON HOLBROOK 817-547-8050



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**Birdville High School Summer Performance – 2018**

MALE  FEMALE

**GRADE AUGUST 2018:** \_\_\_\_\_

**STUDENT NAME:** Last \_\_\_\_\_ First \_\_\_\_\_

**SPORTS PARTICIPATED IN 2018-2019:** \_\_\_\_\_

**STUDENTS PHONE:** \_\_\_\_\_

**PARENTS NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**AMOUNT ENCLOSED:** \_\_\_\_\_ **CHECK #** \_\_\_\_\_

**CAMPUS LAST ATTENDED (2017-2018):** \_\_\_\_\_

**OTHER BHS CAMPS ATTENDING THIS SUMMER** \_\_\_\_\_