

BIRDVILLE HIGH SCHOOL
2021 CHAMPION  BUILDER PERFORMANCE CAMP

OPEN TO: ALL MALE AND FEMALE ATHLETES ENTERING GRADES 7-12 IN AUGUST 2021.
The student must have a **CURRENT PHYSICAL / MEDICAL HISTORY** form.

WHERE: BIRDVILLE HIGH SCHOOL

WHEN: WEEK 1: JUNE 7 – 10
WEEK 2: JUNE 14 – 17
WEEK 3: JUNE 21 – 24
WEEK 4: JUNE 28 – JULY 1
THERE IS NO CAMP THE WEEK OF July 5TH – 9TH
WEEK 5: JULY 12 – 15
WEEK 6: JULY 19 – 22
WEEK 7: JULY 26 – 29

TIMES: MALES (10th – 12th Grades) - 7:00 A.M. TO 8:30 A.M.
MALES (7th – 9th Grades) -- 8:45 A.M. TO 10:00 A.M.
FEMALES (7th – 12th 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: \$125.00

REGISTRATION:

Register Online by using the QR code or by going onto the **Birdville High School** home page.
Select the **Athletics tab** and then click on the **Camps link**.

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



BIRDVILLE HIGH SCHOOL CHAMPION  BUILDER PERFORMANCE CAMP – 2021

MALE

FEMALE

GRADE AUGUST 2021: _____

STUDENT NAME: Last _____ First _____

SPORTS PARTICIPATED IN 2020-2021: _____

STUDENTS PHONE: _____

PARENTS NAME: _____ **PHONE:** _____

AMOUNT ENCLOSED: _____ **CHECK #** _____

CAMPUS LAST ATTENDED (2020-2021): _____

OTHER BHS CAMPS ATTENDING THIS SUMMER _____