

BIRDVILLE HIGH SCHOOL
2022 CHAMPION  BUILDER PERFORMANCE CAMP

OPEN TO: ALL MALE AND FEMALE ATHLETES ENTERING GRADES 7-12 IN AUGUST 2022.
The student must have a **CURRENT PHYSICAL / MEDICAL HISTORY** form.

WHERE: BIRDVILLE HIGH SCHOOL

WHEN: WEEK 1: JUNE 6 - 9
WEEK 2: JUNE 13 - 16
WEEK 3: JUNE 20 - 23
WEEK 4: JUNE 27 - 30
THERE IS NO CAMP THE WEEK OF July 4TH - 8TH
WEEK 5: JULY 11 - 14
WEEK 6: JULY 18 - 21
WEEK 7: JULY 25 - 28

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 - 2022

MALE

FEMALE

GRADE AUGUST 2022: _____

STUDENT NAME: Last _____ First _____

SPORTS PARTICIPATED IN 2021-2022: _____

STUDENTS PHONE: _____

PARENTS NAME: _____ PHONE: _____

AMOUNT ENCLOSED: _____ CHECK # _____

CAMPUS LAST ATTENDED (2020-2021): _____

