

ONLINE REGISTRATION

# ***BE A CHAMPION***



**BIRDVILLE HIGH SCHOOL**  
**>> CHAMPION BUILDER**  
**PERFORMANCE CAMP**

## ***WORKOUT PROGRAMS***

### **STRENGTH DEVELOPMENT**

Individualized strength program

### **Increase Speed**

Speed development

### **Agility**

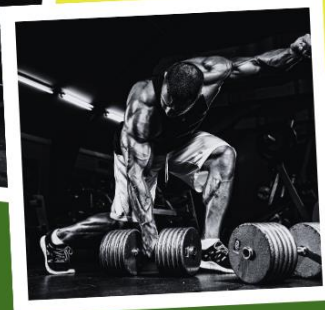
Change of direction

### **Flexibility**

Improve full range of motion

### **Explosiveness**

Increase high action velocities



All Male & Female athletes entering grades 7-12 in August 2023.

Males [10th-12th Grades] - 7:00am - 8:30am

Males [7th -9th Grades] - 8:45am - 10:00am

Females [7th-12th Grades] - 10:15am - 11:30am

6 Week  
Summer  
Session

## **\$125**

Use QR Code to Register



# BIRDVILLE HIGH SCHOOL 2023 CHAMPION BUILDER PERFORMANCE CAMP

**OPEN TO:** ALL MALE AND FEMALE ATHLETES ENTERING GRADES 7-12 IN AUGUST 2023. The student must have a **CURRENT PHYSICAL / MEDICAL HISTORY** form.

**WHERE:** BIRDVILLE HIGH SCHOOL

**WHEN:** WEEK 1: JUNE 5 - 8  
WEEK 2: JUNE 12 - 15  
WEEK 3: JUNE 19 - 22  
WEEK 4: JUNE 26 - 29  
**THERE IS NO CAMP THE WEEK OF July 3<sup>rd</sup> - 7<sup>TH</sup>**  
WEEK 5: JULY 10 - 13  
WEEK 6: JULY 17 - 20

**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:** \$125.00

**LOCATION:** Birdville High School

(Weight room location is on the East side of the school on the Southeast corner / Turf field is on the southside of the school via Hawk Ln.)

**CAMP COORDINATOR:** LON HOLBROOK 817-547-5500 ext. 01739

**REGISTRATION:**

Register Online by using the **QR CODE**

or this link: [ONLINE REGISTRATION](#)

