

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 2nd - July 5th.

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: \$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



Birdville High School Summer Performance – 2018

MALE FEMALE

GRADE AUGUST 2018: _____

STUDENT NAME: Last _____ First _____

SPORTS PARTICIAPATED IN 2018-2019: _____

STUDENTS PHONE: _____

PARENTS NAME: _____ **PHONE:** _____

AMOUNT ENCLOSED: _____ **CHECK #** _____

CAMPUS LAST ATTENDED (2017-2018): _____

OTHER BHS CAMPS ATTENDING THIS SUMMER _____