



# BIRDVILLE HS PERFORMANCE CAMP

**All male & female athletes entering grades 7-12 in August 2025.**

**Males (10th-12th Grades) - 7-8:30 A.M.**  
**Males (7th-9th Grades) - 9:15-10:30 A.M.**  
**Females (7th-12th Grades) - 10-11:30 A.M.**

**Location: Birdville HS**  
9100 Mid Cities Blvd., NRH, TX 76180

Students will meet at entrance of BHS  
Football Field.

**June 2nd-July 31st**

8-Week Summer Session  
Monday-Thursday  
(June 30-July 4 - No Training)

## WORKOUT PROGRAMS

STRENGTH DEVELOPMENT

INCREASE SPEED

AGILITY

FLEXIBILITY

EXPLOSIVENESS

SCAN ME



**CAMP  
REGISTRATION**

**Cost:**  
**\$175**

**Questions?**

Contact Coach Smith at  
[christopher.smith@birdvilleschools.net](mailto:christopher.smith@birdvilleschools.net)

Visit <https://bit.ly/bhsperformancecamp>

\*Qualifying for a team or participating in any Birdville HS summer program does not ensure open enrollment status. If you are an open enrollment student, you must complete the application and meet all the requirements to attend Birdville HS.

