

Sabercat Summer Speed, Strength and Agility Camp Schedule and Information

Register @ Sabercatsports.org

Boys/ Girls Soccer

Weight room 6:30-7:30 am
Grass 7:30-8:30 am

Football 9-12th grade

Weight Room 7:30-9:30 am (Mon-Thur)

Wrestling

Wrestling Room 9:00-10:00 am
Weight Room 10:00-11:00 am

Girls Volleyball 9-12th grade

Gym 6:30-8:30 pm CV Gym
June 1, 3, 8, 9, 18, 19
July 7, 9, 14, 16, 21, 23

Fast Pitch Softball

Grass 8:00-9:00 am
Weight Room 9:00-10:00 am

Baseball

Grass 8:00-9:00 am
Weight Room 9:00-10:00am

Boys & Girls Cross Country

Running 8:00-9:00am
Weight Room 9:00-10:00am

Boys & Girls Golf

Grass 8:00-9:00 am
Weight Room 9:00-10:00am

Boys & Girls Lacrosse

Grass 8:00-9:00 am
Weight Room 9:00-10:00am

Boys & Girls Track & Field

Grass 8:00-9:00 am
Weight Room 9:00-10:00 am

Coed Cheer

Weight Room 10:00-11:00 am
Commons 9:00-10:00 am

Pom

Weight Room 10:00-11:00 am
Commons 9:00-10:00 am

Boys & Girls Tennis

Gym 9:00-10:00 am
Weight Room 10:00-11:00 am

Boys & Girls Basketball

Weight Room 10:00-11:00am
Gym 11:00-12:00pm

Boys & Girls Swimming

Grass 10:00-11:00 am
Weight Room 9:00-10:00am

Boys Volleyball

Weight Room 10:30-11:30am
Gym 11:30-12:30pm

CRMS, 7th & 8th Graders

Gym 11:00-12:00 pm
Weight Room 11:30-12:30pm

Hockey

Grass 9:00-10:00 am
Weight Room 10:00-11:00 am

Camp Information

1. Register @ Sabercatsports.org
2. Lunch provided 10:45-1:30pm
3. Smart Phone App
4. Weekly Blog
5. Sabercat TShirt for all

START: June 1st

END: July 24th