

GHS MUSTANGS CHAMPIONS COURSE 2019

SPEED & STRENGTH TRAINING

CAMP RUN BY GHS COACHES

MALE & FEMALE ATHLETES (ALL SPORTS) GRADES 7-12

WORKOUT DATES

JUNE 10-13 JULY 10-12

JUNE 17-20 JULY 15-18

JUNE 24-27 JULY 24-26

JULY 29 – AUG 1



**MALE ATHLETES
7-9am GHS MAC**

**FEMALE ATHLETES
8-10am GHS MAC**

TO REGISTER: VISIT

www.ghsmustangs.com

**COST: \$150 PER ATHLETE
/ FAMILY MAX \$200**

Scholarship requests should be directed to Coach Alexander:
Michael.alexander@gcisd.net