



STRENGTH & CONDITIONING *CAMP*

JUNE 13 - JULY 29

MONDAY - THURSDAY

ALL INCOMING 9TH-12TH GRADERS & ZONED 7TH & 8TH GRADERS

GIRLS SESSION 7:30 - 9:00 AM

BOYS SESSION 9:00 - 11:00 AM

SPORT SPECIFIC SKILL SESSIONS WILL FOLLOW EACH WORKOUT

CHECK WITH COACHES FOR DETAILS

COST = \$50

<https://www.schoolpay.com/pay/for/2022-Lamar-Strength-and-Conditioning-All/SeEygUu>

****MUST HAVE CURRENT PHYSICAL ON FILE WITH LAMAR TO ATTEND****



FOR QUESTIONS, CONTACT philip.lindsey@houstonisd.org