



BULLDOG
SUMMER STRENGTH AND CONDITIONING
7th - 12th Grade



JUNE

N O B A R K A L L B I T E	1 Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	2 Doors Open/Breakfast IMS 7:30 AM LIFT - 8 AM - 10:30 AM Lunch IMS - 12:00 Bus - 12:30	3 Doors Open/Breakfast IMS 7:30 AM LIFT - 8 AM - 10:30 AM Lunch IMS - 12:00 Bus - 12:30	4 Doors Open/Breakfast IMS 7:30 AM LIFT - 8 AM - 10:30 AM Lunch IMS - 12:00 Bus - 12:30	5 OFF ENJOY YOUR WEEKEND	E A T H Y D R A T E R E C O V E R
	8 Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	9 Doors Open/Breakfast IMS 7:30 AM LIFT - 8 AM - 10:30 AM Lunch IMS - 12:00 Bus - 12:30	10 Doors Open/Breakfast IMS 7:30 AM LIFT - 8 AM - 10:30 AM Lunch IMS - 12:00 Bus - 12:30	11 Doors Open/Breakfast IMS 7:30 AM LIFT - 8 AM - 10:30 AM Lunch IMS - 12:00 Bus - 12:30	12 OFF ENJOY YOUR WEEKEND	
	15 Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	16 Doors Open/Breakfast IMS 7:30 AM LIFT - 8 AM - 10:30 AM Lunch IMS - 12:00 Bus - 12:30	17 Doors Open/Breakfast IMS 7:30 AM LIFT - 8 AM - 10:30 AM Lunch IMS - 12:00 Bus - 12:30	18 Doors Open/Breakfast IMS 7:30 AM LIFT - 8 AM - 10:30 AM Lunch IMS - 12:00 Bus - 12:30	19 OFF ENJOY YOUR WEEKEND	
	22 Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	23 Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	24 Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	25 Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	26 OFF ENJOY YOUR WEEKEND	

- MUST HAVE PHYSICAL COMPLETED AND ON FILE WITH ATHLETIC TRAINER -
- Must bring workout shoes and water bottle -
- If you are a bus rider must have bus request complete prior to start of camp -

JULY					
N O B A R K A L L B I T E	6	7	8	9	10
	Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	OFF ENJOY YOUR WEEKEND
	13	14	15	16	17
	Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	Doors Open 7:30 AM LIFT - 8 AM - 10:30 AM MUST PROVIDE YOUR OWN RIDE	OFF ENJOY YOUR WEEKEND
	20	21	22	23	24
	OFF	Open Weight Room 9am-10am	Open Weight Room 9am-10am	Open Weight Room 9am-10am	
	27	28	29	30	31
	Staff Development	Staff Development	Staff Development	Staff Development	Staff Development
-MUST HAVE PHYSICAL COMPLETED AND ON FILE WITH ATHLETIC TRAINER - - Must bring workout shoes and water bottle -					

**E
A
T

H
Y
D
R
A
T
E

R
E
C
O
V
E
R**