



*Warhorse & Arabian*

## **SPEED AND STRENGTH PROGRAM**

\*\*\*\* SPEED & AGILITY DRILLS \*\*\*\*

\*\*\*\* STRENGTH & EXPLOSION DRILLS \*\*\*\*

\*\*\*\* MENTAL & PHYSICAL TOUGHNESS DRILLS \*\*\*\*

\*\*\*\* TEAM WORK & TEAM BUILDING DRILLS \*\*\*\*

### **CAMP DATES:**

WEEK 1: (JUNE 11<sup>th</sup> – 14<sup>th</sup>) --- 9:00 – 11:00 AM

WEEK 2: (JUNE 18<sup>th</sup> – 21<sup>st</sup>) --- 9:00 – 11:00 AM

WEEK 3: (JUNE 25<sup>th</sup> – 28<sup>th</sup>) --- 9:00 – 11:00 AM

WEEK 4: (JULY 2<sup>nd</sup> – 5<sup>th</sup>) ----- **OFF**

WEEK 5: (JULY 9<sup>th</sup> – 12<sup>th</sup>) - 9:00 – 11:00 AM

**COACH: PAUL GOMEZ**

**AGE: Boys & Girls - Incoming 5<sup>th</sup> – 12<sup>th</sup> grade**

**COST: \$80.00**

(Bring your brother or sister for half price)