

2024 Hawks SWAT Camp

WHO: GRADES 7-12 (FALL 2024)

***(PLAYERS IN GRADES 7TH TO 12TH ATTENDING HEBRON HS OR A HEBRON FEEDER SCHOOL IN FALL 2024.)**

WHAT: 1. SPEED. WEIGHTS. AGILITY TRAINING 2. FOOTBALL SKILLS

**WHEN: JUNE 3RD - JUNE 28TH (PHASE 1) AND JULY 8TH - JULY 28TH (PHASE 2)
(MONDAY - THURSDAY WEEKLY)**

"NO WORKOUTS THE WEEK OF JULY 1ST THROUGH JULY 5TH

TIMES:

GRADE: 9TH (7:30AM-9:30AM)

GRADES: 7TH-8TH (8:30AM-10:30AM)

7TH/8TH ATTENDS PHASE 1 ONLY.

GRADES: 10TH-12TH (9:30AM-11:30PM)

WHERE: HEBRON HIGH SCHOOL. BRAZIL STADIUM-THE WOODSHED

COST: \$100 (9TH-12TH) \$50 (7TH-8TH)

REGISTRATION WILL BE REQUIRED FOR SUMMER LIFTING.

FEE IS PAID IN CASH OR CHECK.

MAKE CHECKS OUT TO HEBRON FOOTBALL.

COMPLETE REGISTRATION BEFORE CAMP STARTS.



REGISTRATION

