

SUMMER camp

7TH &
8TH

JULY 17 - AUG 3
MONDAY - THURDAY
FROM 9 A.M. TILL 12:30 P.M.



AN OPPORTUNITY FOR ATHLETES AND
ASPIRING ATHLETES TO GET BETTER

ALL PARTICIPANTS MUST
HAVE A PHYSICAL



M.C. WILLIAMS
MIDDLE SCHOOL

ACTIVITIES:

FOOTBALL WEIGHT TRAINING
BASKETBALL CONDITIONING
VOLLEYBALL AGILITY TRAINING
SOCCER OLYMPETICS

