

RUNNELS VOLLEYBALL SUMMER CONDITIONING PROGRAM

This summer strength and conditioning program is designed to enhance athletic ability using proven strength and conditioning principles. The girls will be coached by former LSU soccer player, Jackie Young, who is passionate about helping young women reach their maximum athletic potential by focusing on strength and conditioning, as well as building confidence and strength of character. To register, complete the registration form below and return Pam Babcock with check attached to reserve your spot. Please free feel to email Jackie with any questions.

Where:
Runnels HS

Dates:
Monday, Wednesday,
Friday
May 29 July 28
**no SC 6/24 7/4 or 7/14

Time:
8 9am

Program cost:
\$300 by May 1
\$330 after May 1
Checks Payable to: Runnels

Contact Info:
Jackie Young
TheYoungs105@gmail.com

Registration Form:

Name: _____ Grade (Fall 2017): _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Parent (Guardian): _____ Phone: _____

Email: _____

Parent Signature: _____

Parent/Guardian signature is required for all athletes to participate. Spots are limited due to time and space availability and will be given on a first come basis. No Refunds.