

# LADY BULLDOGS SUMMER PRIDE

## 2023

All Female Athletes Entering Fall Grades 7-12 for the 2023-2024 School Year

June dates: 12, 13, 15, 19, 20, 22, 26, 27, 29

DEAD WEEK: June 30-July 9

July dates: 10, 11, 13, 17, 18, 20, 24, 25, 27

*\$75 per athlete*



### Speed Development & Strength Training

**SPEED DEVELOPMENT:** Program is designed to improve an athlete's speed and agility, as well as conditioning. A combination of stretching, form running, agility drills, resistance training, overspeed running, plyometrics, and anaerobic training will be used to accomplish these goals.

**STRENGTH DEVELOPMENT:** Individualized program designed to fit the particular athlete's needs. Workouts are specialized by athlete's sport or position. Expert trainers will guarantee proper form and technique. This will maximize results while minimizing the chance of injury.

Cut

Fill Out both sides and turn in below information to coaches on first day of Summer Pride

### ATHLETE CONTACT INFORMATION

Name: \_\_\_\_\_  
Fall 2023 Grade: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Sport & Position: \_\_\_\_\_  
T-Shirt Size: \_\_\_\_\_

### EMERGENCY CONTACT INFORMATION

Parent/Guardian : \_\_\_\_\_  
Relationship to you : \_\_\_\_\_  
Emergency Contact Phone # : \_\_\_\_\_

SEE OTHER SIDE