

# SPEED CAMP

**SUMMER 2023**

**GRADES 3-8**

**6-7pm @ Hilliard Davidson Stadium**



Sprinting Plyometrics Medicine Balls Relay Races Circuits Mini Hurdles



**Activity-based speed & endurance training for  
all athlete types and experience levels**

## **June Session**

Monday, May 29th

Wednesday, May 31st

Monday, June 5th

Wednesday, June 7th

Monday, June 12th

Wednesday, June 14th

## **July Session**

Monday, July 10th

Wednesday, July 12th

Monday, July 17th

Wednesday, July 19th

Monday, July 24th

Wednesday, July 26th

## **Coaches**

Coach King - Hilliard Teacher, XC / TF Coach

Coach Bridget - Doctor, XC / TF Coach

Davidson athletes

## **Cost**

\$125 for both sessions, or \$75 for one

100% of cost goes directly to Hilliard Davidson

Girls Cross Country

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