

“CHAMPIONS PLAY AS ONE”

Westlake Chaps!

Summer 2014

Improve Your Overall Athleticism and Train to be a Champion!

Strength - Speed - Flexibility - Agility - Conditioning

All Incoming Athletes Grades (4-5) & (6-12) (Open to the Public) will benefit from this **Strength and Conditioning camp**. Activities include weight training, flexibility, agility and speed training as well as character development and motivational instruction.

Coaches: Steven Womack , Ted Willmann, Judd Thrash, Brian Vasek, Tony McClain, Cole Franco, Jacob Kasse & Jason Jones

Dates: Monday – Thursday (No workouts on Friday)
June 16 –July 3
July 14 - July 31

Grades: (4-5), (6-8), & (9-12)

Sessions: 8:00 – 10:00 A.M. 10:00 – 12:00 P.M. 10:00 A.M. -11:00A.M.
Incoming 9-12 Incoming 6-8/overflow 4th & 5th graders

Location: Westlake High School Stadium & Weight room

Fee: \$300 (if registered/postmarked by May 1, 2014) HS / Middle school & Young Ladies –all grades 6-12
\$400 (if registered/postmarked after May 1, 2014) High/Middle school & Young Ladies-all grades 6-12

\$200 (if registered for 4th & 5th graders/ postmarked by May 1, 2014)
\$250 (if registered for 4th & 5th graders/postmarked after May 1, 2014)

Registration: <http://eanes.augusoft.net/>

FOR ADDITIONAL INFORMATION CALL:

Strength & Conditioning Coach –Steven Womack
Office Phone: 512-992-8975