

**WEST SIDE MIDDLE SCHOOLS
2017 STRENGTH AND CONDITIONING CAMPS**

CAMP	DATE	TIME	PLACE	COST	GRADES ATTENDING
Cobb Middle School	June 19 - July 27 Mon - Thur weekly No camp July 3-6	Session 1 7th grade-7am - 9am Session 2 8th grade- 9am - 11am	Cobb MS Gyms	\$200.00	Incoming 7th - 8th Graders
Griffin Middle School	June 12 - July 20 Mon - Thur Weekly No camp July 3-6	Session 1 8th grade-7am - 8:30am Session 2 7th grade- 8:30am - 10am	Griffin MS Gyms	\$150.00	Incoming 7th - 8th Graders
Hunt Middle School	June 6- July 6 (off Tuesday July 4) Mon - Thur weekly	Session 1 8th grade 8am - 9:30am Session 2 7th grade 9:30am - 11am	Hunt MS Gyms	\$150.00	Incoming 7th - 8th Graders
Pearson Middle School - Boys	June 12- July 13 Mon- Thur weekly (Off Tuesday July 4th)	Session 1 7th grade - 7:30 9:00 am Session 2 8th grade 9:00 - 10:30 am	Pearson Middle School Gym	\$150.00	Incoming 7th - 8th Graders
Pearson Middle School - Girls	June 12- July 13 (off Tuesday July 4th)	8-9:30 am 1 session 7th and 8th grade girls	Pearson Middle School Gym	\$150.00	Incoming 7th - 8th Graders
Pioneer Heritage MS - Boys	June 12 - July 20 Mon - Thus weekly No camp the week of July 4th	Session 1 7th grade 8:00am - 9:30am Session 2 8th grade 9:30am - 11:00am	Pioneer Heritage Gyms	\$150.00	Incoming 7th - 8th Graders
Pioneer Heritage MS - Girls	June 12 - July 20 Mon - Thur weekly No camp the week of July 4th	Session 1 7th grade - 8:00am - 9:30am Session 2 8th grade - 9:30am - 11:00am	Pioneer Heritage Gyms	\$150.00	Incoming 7th - 8th Graders

Stafford Middle School	Go to performancecourse.com to register June 19 - Aug. 3 Mon. - Thurs. Weekly (No Camp 4th of July week)	Girls 7th - 12th Grade 9am - 11:00am Boys 6th - 8th Grade 11:00am - 1:00pm	Lone Star High School Indoor Facility	\$240.00	Incoming Stafford MS and Lone Star HS 7th - 12th graders
Staley MS - Boys	June 12 - July 20 Monday - Thur weekly. No camp the week of July 4th	Session 1 8th grade 8:30am - 10am Session 2 7th grade 10am - 11:30am	Staley MS Gyms	\$150.00	Incoming 7th - 8th Graders
Staley MS - Girls	June 12 - July 20 Monday - Thur weekly. No camp the week of July 4th	8:30am - 10:00am	Staley MS Gyms	\$150.00	Incoming 7th - 8th Graders
Trent Middle School	June 19th - August 3rd Performance Course Monday - Thursday No PC 7- 3 - 7-7 Register at http://www.performancecourse.com/school-district/frisco-isd	Developmental 11:00 AM - 1:00PM Boys 7th-8th, Female 9:00 - 11:00 7th - 12th	Lone Star Indoor Facility	\$240.00	Incoming Trent MS and Lone Star HS 7th - 12th Graders