



Frisco ISD Middle School Strength & Conditioning Camps 2011 West Side

Camp	Date	Time	Camp & Location	Cost	Grades	What to Wear/Bring
Middle School Strength & Conditioning	June 13– July 21st No Fridays Will not meet on 7-4	8:00– 10:00 am	Cobb Middle School @Cobb MS	\$130.00	Incoming 7th & 8th Graders	Athletic Apparel & Water bottle
Middle School Strength & Conditioning	June 13– June 30 July 11– July 28 No Fridays	Session 1:7:30 – 9:30 am Session 2:9:30– 11:30 am	Griffin Middle School @ Griffin MS	\$130.00	Incoming 7th & 8th Graders Session 1: 7th graders Session 2: 8th Graders	Athletic Apparel & Water bottle
Middle School Strength & Conditioning	June 13– July 14 No camp July 4-7 No Fridays	Session 1: 8:00 am– 9:30 Session 2: 9:30-11:00	Hunt Middle School @ Hunt MS	\$110.00	Incoming 7th & 8th Graders	Athletic Apparel & Water bottle
Middle School Strength & Conditioning	June 6– June 30 No Fridays	Session 1: 8:00– 9:30 Session 2: 9:30-11:00	Pioneer Middle School @ Pioneer MS	\$110.00	Incoming 7th & 8th Graders	Athletic Apparel & Water bottle
Middle School Strength & Conditioning	June 14– June 30 July 11– July 28 No Fridays	9:00– 11:00 am	Stafford Middle School @ Lone Star Indoor Facility	\$130.00	Incoming 7th & 8th Graders	Athletic Apparel & Water bottle
Middle School Strength & Conditioning	Session 1: June 13– July 21 No Fridays Will not meet on 7-4 Session 2: June 13– July 14	Session 1: 8:00– 9:00– Girls only Session 2: 8:30– 10:30– Boys only	Staley Middle School @ Staley MS	Session 1:\$110.00 Session 2: \$120.00	Incoming 7th & 8th Graders Session 1: Girls Session 2: Boys	Athletic Apparel & Water bottle