

Summer Camps



June 9 - July 11

July 14 - August 15

- **What:** Strength, Speed, & Conditioning Camps run by certified instructors
- **Who:** Athletes of all sports, grades 3 & up (for the 2008-2009 school year)
- **Where:** Texas Sports Medicine Center– Sports Advantage Weight Room
- **When:** See available times below

Available Camps:

ADVANCED (grades 9-12)		5-week / 10-week
ADV1	MWF 8:00-10:00 am	\$300 / \$550
Baseball1	MWF 8:00-10:00 am	\$300 / \$550
ADV2	MWF 10:30 am-12:30 pm	\$300 / \$550
Baseball2	MWF 10:30 am-12:30 pm	\$300 / \$550
SPEED1	MWF 4:30-5:30 pm	\$225 / \$400
ADV3	MWF 6:00-8:00 pm	\$300 / \$550
ADV4	TuTH 8:00-10:00 am	\$200 / \$350
ADV5	TuTH 10:30 am-12:30 pm	\$200 / \$350
SPEED2	TuTH 4:30-5:30 pm	\$150 / \$250
ADV6	TuTH 6:00-8:00 pm	\$200 / \$350

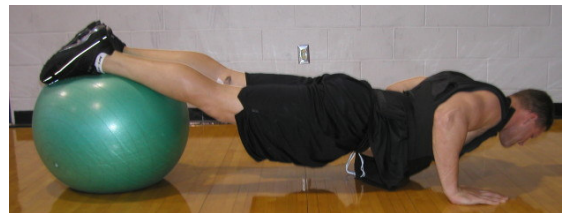
INTERMEDIATE (grades 6-8)		5-week / 10-week
INT1	MWF 10:30 am-12:30 pm	\$300 / \$550
Baseball2	MWF 10:30 am-12:30 pm	\$300 / \$550
SPEED1	MWF 4:30-5:30 pm	\$225 / \$400
INT2	MWF 6:00-8:00 pm	\$300 / \$550
INT3	TuTH 8:00-10:00 am	\$200 / \$350
INT4	TuTH 10:30 am-12:30 pm	\$200 / \$350
SPEED2	TuTH 4:30-5:30 pm	\$150 / \$250
INT5	TuTH 6:00-8:00 pm	\$200 / \$350

YOUTH (grades 3-5)		5-week / 10-week
YTH	TuTH 9:00-10:00 am	\$150 / \$250

DARTFISH

DARTFISH is an advanced video analysis software. For an additional charge, the athlete's performance testing will be video-taped and analyzed.

www.tsmc.org
Register online!



**EARLY REGISTRATION IS RECOMMENDED

For all camp sessions, there must be a minimum of 10 applicants for the camp to continue as planned. There is also a \$25 processing fee for all refunds.

Registration Deadlines:

Phase I (June 9-July 11): June 5

Phase II (July 14-Aug 15): July 9