



## All Athletes Strength & Speed Summer Camp

Boys & Girls, Elementary, Middle School, & High School

7 weeks, 3 days a week, 2-hour sessions

Coach Hackworth, MS – Instructor, RRHS Football Strength & Conditioning Coach

@ River Ridge, \$100 (pay online Acorn, use myStudent account)

First Come, First Serve, Limited Spots Available!

Free Camp T-Shirt

Monday, June 10, 12-2pm Wednesday, June 12, 12-2pm Thursday, June 13, 12-2pm	Monday, June 17, 11-1pm Wednesday, June 19, 11-1pm Thursday, June 13, 11-1pm	Monday, June 24, 11-1pm Wednesday, June 26, 11-1pm Thursday, June 27, 11-1pm	Monday, July 1, 11-1pm Tuesday, July 2, 11-1pm Wednesday, July 3, 11-1pm	Monday, July 8, 11-1pm Wednesday, July 10, 11-1pm Thursday, July 11, 11-1 pm	Monday, July 15, 11-1pm Wednesday, July 17, 11-1pm Thursday, July 18, 11-1pm	Monday, July 22, 11-1pm Wednesday, July 24, 11-1pm Thursday, July 25, 11-1pm
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- Strength training instruction
- Individualized strength training file for each camper
- All sports combine testing
- Speed dynamics instruction
- Get faster, quicker, and improve your agility
- Get strong and build muscular endurance

### Coach Hackworth's Strength & Conditioning History

- 4 years as River Ridge's Football Team strength & conditioning coach
- Mentored by Frank Wintrich, UCLA Football Strength & Conditioning Coach
- Certified Strength & Conditioning Specialist trained by the National Strength & Conditioning Association
- Speed Coach @ D'Marco Farr's (played for the NFL Rams) Youth Football Camp
- Strength Coach @ Major League Umpires Baseball Youth Clinic
- Strength & Conditioning Intern Coach @ USF – Football, Baseball, Softball, Volleyball, and Soccer
- North County High School – Boys Weightlifting Team – Head Coach
- All Athletes Strength & Conditioning Training Business Owner

Contact Coach Hackworth for more information:

Email: [jhackwor@pasco.k12.fl.us](mailto:jhackwor@pasco.k12.fl.us)