



## All Athletes Strength & Speed Summer Camp

Boys & Girls, Elementary & Middle School

5 weeks, 2 days a week, 1.5-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

Summer of 2020

Wednesday, July 1, 1:30-3pm	Monday, July 6, 1:30-3pm	Monday, July 13, 1:30-3pm	Monday, July 20, 1:30-3pm	Monday, July 27, 1-3:30pm
Thursday, July 2, 1:30-3pm	Wednesday, July 8, 1:30-3pm	Wednesday, July 15, 1:30-3pm	Wednesday, July 22, 1:30-3pm	Wednesday, July 29, 1-3:30pm

- Strength training instruction
- 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

- 5 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
- Train with Hack Strength & Conditioning, Business Owner

Contact Coach Hackworth for more information:

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