

 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, Strength & Conditioning Coach

@ River Ridge, $120 (pay online Acorn, use myStudent account)

First Come, First Serve, Limited Spots Available!

Every camper must bring their own water bottle.

Free Camp T-Shirt, Summer of 2021

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| --- | --- | --- | --- | --- |
| Monday, June 71:30-3pmThursday, June 10, 1:30-3pm | Monday, June 14, 1:30-3pmThursday, June 17,1:30-3pm | Monday, June 21, 1:30-3pmThursday, June 24, 1:30-3pm | Monday, June 28, 1:30-3pmThursday, July 1, 1:30-3pm | Monday, July 5, 1:30-3pmThursday, July 8, 1:30-3pm  |

* 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

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Camper name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade:\_\_\_ Parent/Guardian:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian contact cell #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent/Guardian email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Camper T-shirt size: (youth) ys, ym, ylg, yxl, (adult) sm, med, large, xl

Contact Coach Hackworth for more information:

Email: jhackwor@pasco.k12.fl.us

Return bottom portion to Coach Hack at RRMS, if paying by check please make out to: River Ridge Middle School