



WILDCAT

EXTENDED SUMMER WORKOUTS

August 1st – August 26th
2022

***For all 2022 Summer
Strength, Speed, and
Agility Campers
Entering 7th - 12th
Grade***

WHAT:

An extended 4-week period designed for the CURRENT SSSA Campers who wish to continue their workouts.

OPTIONS:

1. Supervised timed workouts that will continue the progression from the summer at 7:00am and 8:00am.

AND/OR

2. Supervised Open Weight Room from 6:00am to 10:00am.

DAYS:

Monday, Wednesday, Friday for 4 Weeks – 8/1 thru 8/26

REGISTRATION & COST:

\$50.00 – Register Online at <http://www.verona.k12.wi.us/vasdcamps>
Or Bring Application & Check payable to VASD Strength Camp or Cash to your first workout.

EXTENDED SSSA APPLICATION

← Detach and bring w/Payment this week, or to your 1st Extended Workout

Athlete

Name: _____

Grade Entering: _____

2022 Regular Summer Session

Time: _____

Parent

Name: _____

Remember - This is an extension of the Summer Strength Program that you are already involved in.

Register online at

<http://www.verona.k12.wi.us/vasdcamps>

Or...Bring this form and a \$50.00 Check (VASD Strength Camp) or Cash this week, to your first extended workout.

← Detach and bring w/Payment this week, or to your 1st Extended Workout