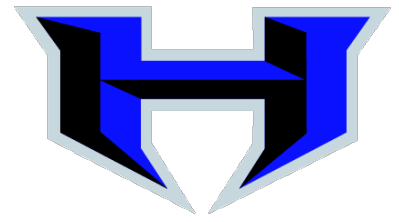


Hebron High  
School



# Hebron Weightlifting Camp

Who: Grades 7-9 (as of fall of 2021). All Sports are invited!

All students, male and female, from any sport are welcome to attend. This camp is meant to teach proper technique and safety in the weight room to ensure proper strength training throughout high school. The young men and women who attend this camp will be well equipped to perform all of the weight training and plyometric exercises needed to excel at their sports.

When: May 24-27, 8:00 - 10:00 am for 7th & 8th graders. May 24-27, 10:15 - 12:15 pm for 9th graders.

Where: Hebron High School Football Fieldhouse, indoor Weight Room

Cost: \$45.

***\*\*Register and Pay Online at:***

**<https://hebronfootballcamps.ryzerevents.com/>**

**\*\*Note: this camp will follow Level Orange Covid protocols as required by LISD (no water provided, 3' distancing, masks will be worn except during physical activity)**