

**JUNIOR WEIGHT CAMP**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Grade entering 2007-2008: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

\_\_\_\_\_

T-shirt size (Circle) Adult sizes:

S   M   L   XL

Other camps include:

Mustang Basketball Camp

Mustang Football Camp

Cost for 2 camps \$100

Cost for 3 camps \$140

A \$10.00 deposit is required to secure a spot. This deposit will secure your spot for any and all camps you are enrolled in.

For questions contact MCS Athletics- Denis Cano or Jennifer Kessler @ 694-1661.

Detach and return to:

Mustang Junior Weight Camp

C/O Midland Christian School

2001 Culver

Midland, TX 79705

Please make checks payable to:

Denis Cano

**MIDLAND  
CHRISTIAN  
SCHOOL  
JUNIOR  
WEIGHT  
CAMP  
2007**

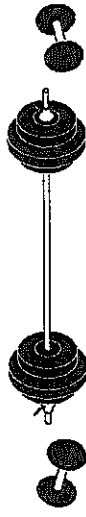
June 16-26

Monday - Thursday

1:00pm - 2:30pm

INCOMING GRADES 4,5,6,& 7

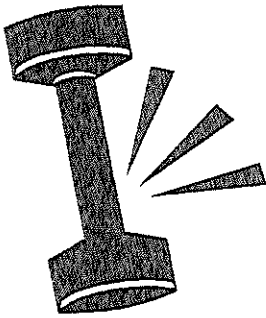
COST \$55.00



LOCATION

MIDLAND CHRISTIAN  
MUSTANG FIELD HOUSE

Coach Cano  
Camp Instructor



## CAMP GOALS

The primary goal of the Mustang Weight Camp is that each camper receive individualized instruction and evaluation that helps elevate their strength to a higher level. The fundamentals weight training and safety will be taught as well as specialized instruction on each lift.

The coaches will stress discipline, sportsmanship, and leadership, all in a Christian environment. Through increasing each players skill level and confidence, we hope to make it a fun and memorable week for each camper.

