

Carolina

SPORTSCARE and Physical Therapy

2005 Speed and Agility Camp

and Physical Therapy

Starts: June 4th

Ends: July 16th

Place: Beaufort Middle School Football Field

Sessions held: Thursdays at 6:00 pm

Saturdays at 11:00 am

****Training periods will last no longer than 1 hour,
except on the first and last days of camp****

**“Awards will be presented
on the last day”**

40 yard Sprint Time

Pro-Agility Time

Long Jump Distance

Coaches' Award

Best Overall Sprinter

Most Improved Sprinter

Cost: \$50 per participant.

Please call Jermille Brooks or Barbara Mancini at 521-1970 to RSVP for this year's camp. Space is limited.