

Boulder High School

Speed, Strength & Conditioning Camp

Presented By:

Head Football Coach Bob Simmons:

- Head Coach: Oklahoma State Cowboys
- Assistant Coach: 1990 National Champion Colorado Buffaloes
- Assistant Coach: Notre Dame, Washington, West Virginia



"ONE TEAM
ONE GOAL
ONE VISION"

Strength and Conditioning Coach
Boulder High School Football Staff

Work hard with top coaches to help your athlete improve their skills!

- Programming to keep your child healthy and safe, including yoga
- Increase speed and agility
- Increase strength and prevent injury with safe and proven techniques
- Boost power and explosiveness
- Program adaptations for every sport: Football, Basketball, Lacrosse, Baseball, Track and Field, Poms, Cheer, Tennis, Softball, Golf, Cross country, Swimming, Diving, Wrestling, Cross Fit and More!
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Team Camp Boys (Grade: 9-12) **Speed Strength & Conditioning**

June 1st-June 30th, 2015

July 7-July 31

Monday thru Thursday

8:00 am-12:00 am

\$215

Boys (Grade: 2nd -8th) **Speed, Strength & Conditioning**

June 1st -26, 2015

Monday, Tuesday, Thursday

10:00 am-11:00am

\$125

Girls (Grade: 9-12) **Speed, Strength & Conditioning**

June 1st -26, 2015

Monday, Tuesday, Thursday

11:00 am-12:00 pm

\$125

Contact Robert Simmons at robert.simmons@bvsd.org if you have any questions

Please register at [Boulder High School Web Site](#), Click the online payments fees
Register under Sports Camps & Registration fee payments
Football Summer Camps

Registration: South Lobby Pit Gym

15 minutes before start time

Bring water bottle