



SKOLFIELD
SPORTS PERFORMANCE



Summer Strength & Conditioning Camp At Cheverus High School

June 17th-August 16th

Monday, Wednesday, and Friday

Group 1 (intro to weight Training): 7:30-8:30am

Group 2 (Advanced Weight Training): 8:30-9:30am

COST: \$350 Per Athlete

Register online at:

www.skolfieldperformancecamps.com

Questions? info@skolfieldperformance.com

For athletes looking to increase STRENGTH, POWER, and EXPLOSIVENESS!