

# Summer Strength & Conditioning Program

For Nolan's Female Athletes Only

Power, Speed, Quickness, Agility



**This program is designed to develop female athlete muscle strength and tone (not size). Lateral speed, quickness, agility, balance, vertical jumping skills, flexibility, and conditioning will all be addressed.**

This program has all the fundamental elements necessary to maximizing individual performance. Individuals will be challenged to set and achieve goals beyond their current level of performance, physically as well as personally. This will be a great journey into self-discovery! At Nolan we believe in the development of the whole individual; body, mind and spirit.

Be prepared to make a total commitment to the program (**85% Attendance**) to achieve personal growth and success. To be successful you must have the self-confidence to perform successfully. Esto Dux...Be A Leader!

**Dates:** May 12<sup>th</sup> TESTING 9:00 – 4:30 [New and Incoming 9<sup>th</sup> graders to Nolan Meet on the Football Field](#)

May 29<sup>th</sup> – July 27<sup>th</sup> (Monday-Friday) ([Week of June 4<sup>th</sup>- 7<sup>th</sup> we will meet at 11:30 to 1:30, Schedule is subject to change](#))

**Time:** 9:00 to 11:30 a.m. (WARM-UP STARTS AT 8:45 WITH JUMPING ROPE)

**Please Note:**

**April 27<sup>th</sup> Fees are Due (NO REFUND AFTER June 1, 2012)**

\* **Fee: \$100.00**

\* **We will use the Game-breakers Pro Power Suit. If you wish you may purchase your own suit from us (this is a recommendation not a must). With us the cost will be \$165. If purchased on your own the cost will be about \$270.**

\* **All athletes involved in Nolan Summer Camps (Volleyball, Girls Basketball, or Softball) will work out between 12:30 to 2:00 (Monday - Friday) during the week of camp. (Schedule is subject to change)**

\* **July 27<sup>th</sup> BBQ: 11:00**

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Please Circle                      Shirt size: S M L XL                      Short size: S M L XL

Athlete's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Grade Level: \_\_\_\_\_ Fall 2012                      Parents Name: \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Number: \_\_\_\_\_

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

Sport of Interest: VB \_\_\_ BB \_\_\_ SB \_\_\_ SO \_\_\_ SW \_\_\_ T \_\_\_ CC/T \_\_\_

Please make all checks payable to: Nolan Catholic High School

Mail payment(s) and registration form to: Nolan Catholic High School  
4501 Bridge Street  
Fort Worth, TX 76103  
Attn: Mr. Paul Duckworth