



2024 VCS CONQUERORS SUMMER SPEED AND STRENGTH CAMP

Victory Christian School's 8-week Speed and Strength Camp is structured to provide students with training in developing physical skills. VCS Speed and Strength is designed to develop all elements of sport performance: strength, speed, agility, plyometrics, power, and mobility. Our efforts will be working to enhance athletic ability and to reduce the risk of injury in sport. Don't miss this opportunity to participate in the largest summer program offered at Victory Christian School!

Our strength and performance coaches, led by head Strength Coach John and other strength coaches are committed to providing a safe and effective training environment for all athletes to pursue their goals.

Camp will not meet June 28th - July 7th (State Mandatory Time-Off).

The cost for the summer camp is \$150 and participants will receive a T-shirt.

DATES: MONDAY-THURSDAY, JUNE 3RD - AUG. 7TH (No Camp June 28th - July 7th)

\$150

INCLUDES T-SHIRT



REGISTER TODAY
SCAN THE QR CODE

SESSION 1: JUNE 3RD - JUNE 27TH

FIRST BLOCK - VARSITY MEN (9TH-12TH)

SECOND BLOCK - JH MEN (7TH & 8TH)

THIRD BLOCK - LADIES (7TH-12TH)

FOURTH BLOCK - 5TH & 6TH BOYS

START TIMES

7:30 AM - 9:00 AM (M, T, W, TH)

8:30 AM - 9:45 AM (M, T, W, TH)

9:45 AM - 10:30 AM (M, T, TH)

10:30 AM - 11:15 AM (M, W)

SESSION 2: JULY 8TH - AUGUST 7TH

FIRST BLOCK - VARSITY MEN (9TH-12TH)

SECOND BLOCK - JH MEN (7TH & 8TH)

THIRD BLOCK - LADIES (7TH-12TH)

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CONTACTS:

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VICTORY CHRISTIAN SCHOOL
CONQUERORS

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