



RAM POWER CAMP

STRENGTH & CONDITIONING FOR ATHLETES



Get ready to **DOMINATE** this year! Athletes will train **strength, speed, and agility** twice a week and receive proper instruction to become a stronger and faster athlete. We will be using our state-of-the-art Weight Room and Tom Winiecki Gymnasium.

TUESDAYS & THURSDAYS
APRIL 9 - MAY 16, 2019
6-7:15 PM

CO-ED & OPEN TO 6TH - 7TH GRADES
AND FREE FOR C/O 2023 DEPAUL PREP INCOMING FRESHMEN!

REGISTER BY APRIL 8TH AT:
WWW.DEPAULPREPCAMPS.ORG

