

LAHS Head Track & Field Coach Nathan Howard's Summer Weight Training Camp 2017

**High School Level Weight Training/Strength Training/Conditioning
June 19th – July 28th on Mon., Wed. and Fri.
Grades 7th-12th: 11:00 am to 1:00pm**

**LAHS Weight Room
3591 Cerritos Ave., Los Alamitos 90720**

**Gain strength and be properly conditioned for your sport and prepare
for any and all sports with proper lifting form!**

Cost: \$225 per session (includes a t-shirt)

What to bring: Proper shoes and good attitude

Registration: Go to www.LAEF4kids.org/programs

Click on "All Summer Programs"

Choose "Summer Sports Camps" from the "Season" pull-down menu, then click "Apply Filter"

Find your session(s), create a profile/log-in and sign up!

You may also select the Coach's name in the "Instructor" pull-down menu to further filter the camps.

Questions? Email Nathan at coachhoward@gmail.com or call (562) 544-1572 (email preferred)

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