



# **Boulder High School Summer Varsity Football Speed & Strength Camp**

**Where: Boulder High School**

**Who: All football Players, including incoming  
freshmen (9<sup>th</sup> – 12<sup>th</sup> grades)**

**When: June 1st thru August 14th**

**Time: 7:30 am – 10:00 M-F**

**Cost: \$175\***

**\*(this cost includes our pre CU practices, 7-7 events, and pre-camp practice in August. It does not include the CU camp)**

The coaching staff at Boulder High School is committed to providing optimal training programs for success on the Football Field at all levels.

**This speed and conditioning camp will be designed to:**

- Develop running form/technique in sports movements**
- Increase agility and flexibility in sports movements**
- Increase core and overall body strength and body mass**
- Increase linear speed and “change of direction” movements**

If you have any questions please feel free to contact **Jeff Santee @ 720-323-2758** or email him @ [jpsantee@yahoo.com](mailto:jpsantee@yahoo.com).