



Dear Parents of St. John Students,

The St. John Eagle Athletic Department is excited to announce that we will begin middle school summer strength and conditioning on June 6th. It will run through July 7th with no workouts on Monday, July 4th. The strength and conditioning program will be held Monday through Thursday from 11:00 to 12:00 and will be open to any student that will be entering 4th through 8th grade. This program is only available to students that are registered at St. John School for the 2022-2023 school year. During this five week program, each high school sport will also conduct a camp that will provide sport specific instruction. These camps are open to anyone entering 1st through 8th grade. Camps will start at 8am and run through 11am. Students do not need to be enrolled at St. John School to participate in these camps. Dates and prices for these sport specific camps are below.

June 6th - 9th	Girls Basketball
June 13th - 16th	Boys Basketball
June 20th - 23rd	Baseball
June 20th - 23rd	Softball
June 27th - 30th	Volleyball
June 27th - 30th	Football

Cost of Individual Sports Camps: \$90 per camp

Cost of 5 Week Strength and Conditioning Program: \$100

Students Name: _____ Age: _____ Shirt Size : YS YM YL AS AM AL AXL

Grade: _____ School: _____

Parents Name: _____ Phone Number: _____

Please circle each camp you are interested in:

5 week strength and conditioning	Girls Basketball	Baseball
Boys Basketball	Softball	Volleyball
		Football

Please make checks payable to: St. John Athletics

5 week strength and conditioning = \$100

5 week strength and conditioning + 1 camp = \$190

5 week strength and conditioning + 2 camps = \$280

5 week strength and conditioning + 3 camps = \$370

Please turn forms and checks to St. John School, Attn: Coby Minton.