



Madelia Blackhawks Summer Training Camp

For students entering 7th to 12th Grades

12 Sessions: 7 - 8:30 a.m.

Tuesdays and Thursdays from June 14th to July 28th

(No classes on July 5th or 7th)

Madelia High School Gym, Weight Room, and Outdoor Facility
Only \$25

Providing age appropriate activities and drills to build coordination, agility, strength and conditioning for boys and girls. Training is not specific to any one sport and led by the Madelia Health Sports Medicine Team.

Attire:

Gym shorts, t-shirt, running shoes. Also bring individual water bottle and towel.

Registration and Payment:

Required forms available at: <http://bit.ly/Blackhawk7-12>

Or pick up forms at Madelia Health. Limited space available.



Return payment and *completed* registration forms to:
Madelia Health Physical Therapy
121 Drew Ave SE, Madelia, MN 56062
or email to: jhitchcock@madeliahealth.org