



Madelia Blackhawks Summer Training Camp

For students entering 7th to 12th Grades

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

Tuesdays and Thursdays from June 13th to July 27th

(No classes on July 4th or 6th)

Madelia High School Gym, Weight Room, and Outdoor Facility

Only \$25

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 Madelia Health Physical Therapists and Strength and Conditioning Staff.

Attire:

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

Registration and Payment:

Required forms available at Madelia High School, or

Pick up forms at Madelia Health or download at

<https://bit.ly/MadeliaHawks>

**Limited Space!
Sign-up Deadline:
May 5th, 2023**



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