

# TIGER SOFTBALL WEIGHTS & CONDITIONING CAMP

## TRADITION NEVER GRADUATES

**STATE CHAMPIONS:** 2016, 2017, 2018

**STATE FINALIST:** 2010, 2012, 2014, 2019

**CONFERENCE CHAMPIONS:** 2010, 2012, 2014, 2016, 2017, 2018

Tiger Softball Weight Training & Conditioning Camp is an individual camp designed to teach future Bentonville Tigers proper lifting techniques and running form.

Each session is designed to teach, challenge, strengthen, and motivate future Tigers for BHS.

**Session I:** June 4, 6, 11, 13, 18, 20

**Session II:** July 9, 11, 16, 18, 23, 25

**Session Times:** 10:30- 11:30

**Cost:** \$110 for one session or \$200 for both sessions.

**Payments:** Cash or Check. Make checks payable to 'Bentonville Schools'.

**Payments due on arrival:** June 4 9:30- 10:00 or July 9 9:30- 10:00

Online Registration

<https://forms.gle/GkVdb1Tu1h3DJ8QCA>

Workouts will be held at the Tiger Athletic Complex

(Entering grades 7<sup>th</sup> – 9<sup>th</sup>)

Contact Coach Early for questions: [kearly@bentonvillek12.org](mailto:kearly@bentonvillek12.org)