



# Football & Cheer Conditioning Clinics



**When:** June 15 – June 19 & June 22 – June 26 (Monday - Friday)

**Where:** Natomas High School Baseball Field Area

**Time:** Football: 6:00 – 7:00 p.m. or 7:00 – 8:00 p.m.

Cheer: 6:00 – 7:30 p.m.

Check-In: 5:30 p.m.

**Info:** Clinics are open to all boys and girls age 6 to 14 yrs. Football camp will be divided into two one hour sessions. Each session will include conditioning, calisthenics, and plyometrics. Cheer camp will include conditioning, cheer technique, and jumps. All children must be accompanied and registered by an adult. Children should wear comfortable clothing, tennis shoes, no jewelry, and bring a bottle of water.

**Cost:** FREE