



OASIS HIGH SCHOOL ATHLETIC CAMP

ALL STUDENTS WELCOME!

APRIL 27TH & 28TH | 8AM - 1PM | AT OASIS HIGH SCHOOL

REGISTRATION

\$60 PER ATHLETE

MAKE CHECKS PAYABLE TO

OASIS HIGH SCHOOL FOOTBALL

**OR REGISTER THE FIRST DAY OF CAMP
7AM-9AM**

PHYSICAL DEVELOPMENT FOCUS FOR ALL SPORTS

- **SPEED AND RUNNING TECHNIQUE**
- **EXPLOSION EXERCISES**
- **HAND/EYE COORDINATION**
- **REACTION TIME**
- **VERTICALITY**
- **FAST TWITCH FIBER MUSCLE**
- **TACTICAL SITUATIONS**

**PLEASE BRING ATHLETIC CLOTHING, GYM SHOES AND CLEATS, WATER, AND LUNCH
INCLUDES FUN GAMES TO IMPROVE DECISION MAKING**

CONTACT MACK MITCHELL OR JOSEPH DEMATTIA FOR MORE INFORMATION

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