

Grace Community School-Tyler

Speed & Agility (C)



## Camp of Champs - JH and HS Boys and Girls

Will meet in the HS weight room each morning, Monday-Thursday. Incoming 6th-12th Grade Boys & Girls. 6 weeks during the Summer. Coach Fleet and Coach Plentl, along with other members of the HS coaching staff will be leading each of the groups. We will not have Camp of Champs the week of June 29 - July 2. So, we will do 3 weeks (Mon-Thurs) from June 8-25, take a break the week of June 29 - July 2, and then have 3 more weeks from July 6-23.

**Camp Start Date:** June 8, 2026

**Start Time:** 9:00:00 AM

**Camp End Date:** July 23, 2026

**End Time:** 10:30:00 AM

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**Venue Name:** Clyde Perkins Stadium

**Venue Address:** 3100 University Blvd , Tyler, TX 75701

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**Camp Cost:** \$100.00

**Questions:** Tyler Fleet [tyler.fleet@gracetyler.org](mailto:tyler.fleet@gracetyler.org)

### Special Notes:

"Our Summer Speed & Strength program is designed for athletes of all sports to improve their overall athletic performance. Through focused training in acceleration, top-end speed, agility, change of direction, total-body strength, plyometrics, mobility, and more, athletes will improve movement efficiency, build confidence, reduce risk of injury, and enhance overall athleticism. Each session emphasizes proper technique, progressive programming, competitive drills, and a high-energy training environment that develops both physical performance and mental toughness. Male or female, junior high or high school - this camp will equip you with the tools to move better, compete harder, and perform at your highest level when it matters most. Supplies: athletic/tennis shoes for the weight room and/or gym, cleats for the football field, & a water bottle"

### Medical Info:

I give my permission to the camp staff to secure medical attention for my child in case of emergency. I will also allow any photos/videos taken of my camper to be used in future promotions for Grace Community Camps via website/social media platforms or brochures. I release all the staff /coaches/camp volunteers and Grace Community Church and School from any and all liability.