



# BOYS & GIRLS SUMMER CAMP

Dates: 7/5-8/18

## Days & Times

- Monday 10-12 pm @ Mile Square Park
- Tuesday 7-9 am @ Central Park HB
- Wednesday – OFF
- Thursday 7-9 am @ Mile Square Park
- Friday 10-12 pm @ Central Park HB

Cost: \$125 - Checks written to Fountain Valley High School (FVHS)

No pre-registration required, just attend the first day of camp.

All incoming freshman planning on running Cross Country at FVHS should attend camp. Learn proper running mechanics and get in the best shape of your life this summer! FVHS has one of the top coaches in Orange County available to help you reach your full potential. Our conditioning program is legendary and will prepare you to compete successfully in other sports throughout the school year!

Equipment: Athletic clothing, running shoes

What to bring: Water, granola bar, or a small snack

Coach Jerry Palazzo - Email: [palazzo51@verizon.net](mailto:palazzo51@verizon.net)

Phone: 714-469-5891

