

HARLINGEN CARDINAL ATHLETIC DEVELOPMENT

FOR ALL CARDINAL ATHLETES INCOMING 9TH-12TH GRADE

**CAMP START DATE:
JUNE 21, 2021**

**CAMP DEAD DATE:
JULY 5TH-8TH**

**CAMP END DATE:
JULY 29, 2021**

MONDAY-THURSDAY

8AM-10AM: VARSITY BOYS ATHLETICS

10AM-12PM: INCOMING FRESHMEN BOYS/ALL LADY ATHLETICS

VARSIY AGENDA

MONDAY & WEDNESDAY

WEIGHT TRAINING 8-9AM

SKILL 9-10AM

TUESDAY & THURSDAY

WEIGHT TRAINING 8-9AM

CHANGE OF DIRECTION/AGILITY 9-10AM

REGISTRATION INFORMATION

**ALL PARTICIPANTS MUST SIGN UP THROUGH THE HCISD
ATHLETICS HOMEPAGE (STEP BY STEP ATTACHED)**



LOCATION: CARDINAL MINI STADIUM 1201 E. MARSHALL, HARLINGEN TX, 78550

QUESTIONS? EMAIL KEVIN.LEDESMA@HCISD.ORG

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