

*TEAR OFF THIS PAGE AND RETURN TO YOUR  
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**THE TIME WILL  
COME WHEN  
FALL WILL  
ASK YOU WHAT  
YOU DID ALL  
SUMMER!**

Questions? Call NBHS Fieldhouse – 627-6111

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**UNICORN  
TRAINING CAMP  
2009**

**NB**

**JUNE 8<sup>th</sup> – JULY 16<sup>th</sup>  
NEW BRAUNFELS  
HIGH SCHOOL  
FIELDHOUSE**

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## **NEW BRAUNFELS UNICORNS TRAINING CAMP 2009**

The Training Camp is a summer camp designed to enhance the overall athletic ability of student-athletes at New Braunfels High School. The camp will emphasize the development of speed, agility, explosive power and conditioning. The program will focus on a combination of multi-joint Olympic movements, core strength development and explosive speed and agility drills.

**WHERE:** New Braunfels High School  
Fieldhouse, Weight Room and Track

**WHEN:** June 8<sup>th</sup> – July 16<sup>th</sup>  
Monday – Thursday  
8-10am (Skill positions / All-Sports)  
9-11am (Lineman)  
9:45-11:00am (Freshmen)

**WHO:** Any student-athlete who will be participating in athletics at New Braunfels High School during 2009-2010 school year.

**COST:** \$100.00 (Checks payable to NBISD)

**QUESTIONS:** Contact John Mudge (627-6109)

**Return registration form and payment to:**  
**NBHS Athletic Department**  
**2551 Loop 337N**  
**New Braunfels, TX 78130**

Questions? Call NBHS Fieldhouse – 627-6111

