

Incoming 3rd - 6th
Grade Students

FAST FUNDAMENTALS CAMP

This camp is designed to teach
fundamental movement skills
necessary to improve speed and agility

COST = FREE

Facilitators - High School Strength
& Conditioning Staff

Location: High School West Gym -
Enter through Door #1

MONDAY'S IN JULY

3rd & 4th Grade: 10:00-10:45am

5th & 6th Grade: 11:00-11:45am



FAST FUNDAMENTALS CAMP

Registration Deadline: Friday, June 9th

Student Name: _____

Incoming Grade (Circle 1): 3rd 4th 5th 6th

Parent(s) Name: _____

Parent Cell Phone Number: _____

Please sign below if you will allow pictures of your child to be highlighted on social media posts promoting Fast Fundamentals Camp.

Mail To: Lexington High School

c/o: Amber Burson

1400 Minuteman Dr.

Lexington, NE 68850

-----Detach and Send Top Portion-----

FAST FUNDAMENTALS CAMP

Information Reminder

Mondays: July 3rd, 10th, 17th & 24th

3rd & 4th Grade: 10:00-10:45am

5th & 6th Grade: 11:00-11:45am

Location: High School West Gym

Enter through Door #1

What to Bring/Wear: Water Bottle & Tennis Shoes

Parents: Watch for Text Reminders & Updates