

2022 PTISD F.A.S.T. CAMP

Incoming 9th-12th Grade Boys/Girls @ HS: 8am Check In, 8:30-10:30am
Camp, Sports Skills with Head Coaches 10:30am-12pm.

Incoming 7th-8th Grade Boys/Girls @ JH: 8am Check In, 8:30-10:30am Camp,
Sports Skills with Head Coaches 10:30am-12pm.

- **Week 1:** June 6,7,9 (Monday, Tuesday, Thursday)
- **Week 2:** June 13,14,16 (Monday, Tuesday, Thursday)
- **Week 3:** June 20,21,23 (Monday, Tuesday, Thursday)
- **Week 4:** June 27,28,30 (Monday, Tuesday, Thursday)
- **Off Week:** July 4-8 (No Workouts This Week)
- **Week 5:** July 11,12,14 (Monday, Tuesday, Thursday)
- **Week 6:** July 18,19,21 (Monday, Tuesday, Thursday)
- **Week 7:** July 25,26,28 (Monday, Tuesday, Thursday) .

What to bring to workouts:

- **Dressed in shorts & t-shirt**
- **Your own water bottle, athletic shoes (cleats if you want for outside)**

As always please remember we are available for any questions you may have. You can contact Athletic Director Jacob Holder at jholder@ptisd.org or Assistant A.D. Jason Bachman at jbachman@ptisd.org.