

**June 8th-  
July 10th**

**High School &  
Jr High**

**945am-11:15am**

**Mon, Tue, Thu &  
Fri**

# Pursuing Excellence Colossians 3:17



# Warrior Speed Camp

Calvary Murrieta Christian School's Athletic Summer Ministry

@  
**Calvary  
GYM**  
**\$135**

**Contact Frank Thomas  
to sign up today!**

Calvary Murrieta Christian School's  
Athletic Summer Ministry

24225 Monroe Ave.  
Murrieta, CA 92562

Phone: 951-834-9190 x1164  
Cell: 951-704-8055  
E-mail: fthomas@ccmurrieta.com

### EACH CAMPER GETS A T-SHIRT

- \*Daily Bible studies
- \*Learn individual fundamentals that will help you:
- \*Run Faster
- \*Jump Higher
- \*Move Quicker
- \*Conditioning and workout schedule for off season
- \*Explosive weight training
- \*Plyometrics and mobility training.
- \*Extensive Kettle bell training

The Cost of the Speed Camp is \$135 dollars for a 5 week camp, or \$35 per week (Make checks payable to CCCS). For more information contact Frank Thomas via phone or email. Our prayer is that each Christian athlete will walk away from this camp not only with growth in their athletic ability, speed and strength, but also growth in their Spiritual walk as well!



Return to Calvary Murrieta Athletic Office

### CERTIFIED SPEED / AGILITY TRAINER

Frank Thomas -  
Basketball Coach-  
specializes in Vertical  
jump training and  
improving court  
quickness.  
Timm MacDonell.-  
Football Coach-  
Specializes in Kettle bell,  
weight training and  
explosive power  
development.

PURSUING EXCELLENCE



Campers Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

2006-07 Grade \_\_\_\_\_ Circle Shirt Adult Size: S M L XL XXL

\$135 for 5 weeks or \$35 / week \_\_\_\_\_ x \$35 = \_\_\_\_\_  
# of wks total fee Circle Week(s) Attending : 6/8-6/12,  
6/15-6/19, 6/22-6/26, 6/29-7/3, 7/6-7/10