

Wellington C Mepham High School

Flag Football (F)



Strength & Agility Training

Camp Start Date: July 1, 2024

Start Time: 8:00:00 AM

Camp End Date: July 31, 2024

End Time: 10:00:00 AM

Date Details: Mondays and Wednesdays in Mepham Weight Room

Venue Name: Mepham High School

Venue Address: 2401 Camp Avenue, Bellmore, NY 11710

Camp Cost: \$90.00

Questions: Contact Coach Moody mmoody@bmchsd.org (845) 264 - 1108

Special Notes:

Summer lifting and speed/agility program! All girls are welcome to attend regardless of the sport they play. This is available for girls at all 3 high schools.