



Coach Lewis presents the 5th Annual

2010 **Gavin J. Lewis** **Summer Speed Camp**

**Lewis F.A.S.T Camp focuses on the following four phases:
Footwork, Agility, Speed & Vertical Explosion**

When:

Session I

June 14 – July 9

Monday, Tuesday & Thursday

5:30pm - 7:00pm Junior Division – Middle
School Athletes

7:00pm - 8:00pm Freshman – Sophomore
Divisions

Session II

July 12 – Aug 5

Monday, Tuesday & Thursday

5:30pm - 7:00pm Junior Division – Middle
School Athletes

7:00pm - 8:00pm Freshman – Sophomore
Divisions

**Position Specific Camps
July 10th...register online!**

Where:

F.A.S.T. Camp field behind Humble Middle School

11207 Will Clayton Pkwy Humble, TX 77347

Fee:

\$100 per participant per session

Or

\$180 to attend both sessions

Both sessions must be paid for at time of registration to receive discount.

www.lewisfastcamp.net

Register Online!

Phone: 713.418.0153

Email: coachlewis@lewisfastcamp.net

Athletes from all leagues, teams and sports are welcome!