NC RAMS All Sports Booster Club

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2020 - NCHS Fitness Camps

Important Information for 2020

- Go to www.ncrams.com to register online. Please have your medical insurance information ready. Grades listed are for the 2020-21 school year.
- Payment is expected at time of registration. Unpaid registrations will be deleted. Late fees are automatically assessed if registering within one week of the start of camp and are not refundable.
- Please check www.ncrams.com for any changes in site, time or weather related cancellations.
- We will not pro-rate fees based on attendance. All Participants must be registered in advance and payment completed before attending. No exceptions.
- Requests for refunds must be made through the refund tab on the ncrams website before camp begins. For 2020, we will waive the $20 cancellation fee if the request is made before 3 days prior to the start of camp

For Questions or additional information please e-mail:
ncbooster@yahoo.com or nchsathletics@ncps-k12.org

Field Hockey Conditioning - at Water Tower Field #3

HS-15	July 6 - Aug 7	Girls Grade 9 - 12	M &W 5:30-7:00pm	$150

Soccer Conditioning - at Water Tower Field #3

HS-07A	July 6 - Aug 7	Boys Grades 9 - 12	T, TH & F 5:30-7:00pm	$175
HS-07B	July 6 - Aug 7	Girls Grades 9 - 12	T, TH & F 5:30-7:00pm	$175

Football Strength & Conditioning - at Dunning

HS-01A	July 6 - Aug 7	Grade 12 Football Players	M, W & F 6:30 -7:25am	$200
HS-01E	July 6 - Aug 7	Grade 11 Football Players	M, W & F 7:35- 8:40am	$200
HS-01F	July 6 - Aug 7	Grade 10 Football Players	M, W & F 8:50 - 9:50am	$200
HS-01G	July 6 - Aug 7	Grade 9 Football Players	T & TH 6:30 -7:25am & SAT 7:30-8:30am	$200

Any Sport Strength & Conditioning - at Dunning

HS-01D	July 6 - Aug 7	Boys Grades 9 - 12	T & TH 7:35-8:40am AND SAT 8:40-9:40am	$200
HS-01B	July 6 - Aug 7	Girls Grades 9 - 12	T & TH 8:50-9:50am AND SAT 9:50-10:50am	$200

Register online at www.ncrams.com