



April 26, 2019

Dear Parents, Guardians, and Athletes,

Welcome to Bartram Trail High School! We are very excited for you to have a successful freshman year. Parents and students can be challenged by all of the uncertainties of the freshman year. We hope that we can assist in making the transition to High School less challenging. If you are already a competitive athlete, or just hoping to connect, we can help.

My name is Ronald Reagan; I am the coordinator for the Boys Summer Olympic Strength Camp at Bartram Trail High School. This camp is designed to help prospective athletes for the Boys Weightlifting team. **If your athlete also plays football**, they should be enrolled in the Football strength camp. This camp serves as an off-season introductory opportunity.

**Getting started:**

Forms: Please visit: <http://www-bths.stjohns.k12.fl.us/athletics/forms/> for the links to the forms *required* to participate in the summer workouts and practices.

- Forms include *current*: EL2, EL3, EL3CH, EL3CH addendum, concussion course

Camp brochures are available on the Bartram Trail athletic website.

Please feel free to email me **any questions** you may have regarding the Olympic Strength Camp or joining the Boys Weightlifting team.

Go Bears!

*R. Reagan*

Coach Reagan

Head Boys Weightlifting Coach  
USAW Level I Coach

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