



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 Girls Summer Conditioning Camp at Bartram Trail High School. The Girls Summer Conditioning Camp is designed to prepare athletes for their upcoming sports seasons. This camp also serves as an off-season launch point for our Girls Weightlifting team.

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 Summer Conditioning camp or joining the Girls Weightlifting team.

Go Bears!

R. Reagan

Coach Reagan

Head Girls Weightlifting Coach
USAW Level I Coach

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@BT_ATHLETICS 7399 LONGLEAF PINE PARKWAY ST. JOHNS FLORIDA 32259 (904) 547-8340