

# ***HIGHLANDER ATHLETICS***

## ***2023 Summer Strength***

***&***

## ***Conditioning/Skills Camp***

This camp is open to athletes in The Woodlands HS feeder zone (McCullough, TWHS 9, and TWHS) who are looking to improve their strength, speed, and conditioning. The camp is taught by coaches from TWHS, TWHS 9, and McC. Each session will include 90 minutes of strength training and conditioning and 30 minutes of sport specific skills\*\* at The Woodlands HS.

**Session 1** is for **10<sup>th</sup>-12<sup>th</sup>** grade athletes and runs from **7:30-9:30 am**.

**Session 2** is for **7<sup>th</sup>-9<sup>th</sup>** grade athletes and runs from **9:30-11:30 am**.

Both sessions run Monday-Thursday.

Camp begins Monday, June 5 and runs through July 27.

NO camp on Fridays or June 30-July 9

The cost of the camp is \$150

**##ALL CAMP PARTICIPANTS MUST HAVE A 2023-2024 PHYSICAL##**

**##ON FILE TO PARTICIPATE IN SUMMER ACTIVITIES##**

CLICK THE LINK BELOW TO REGISTER

<https://conroeisd.schoolcashonline.com/Fee/Details/41419/195/False/True>

\*\*Individual sports skills times may vary\*\*

Any questions? Please e-mail Mike Fredrickson at [mfredrickson@conroeisd.net](mailto:mfredrickson@conroeisd.net), Emory Bartolazzi at [ebartolazzi@conroeisd.net](mailto:ebartolazzi@conroeisd.net), or David Colschen at [dcolschen@conroeisd.net](mailto:dcolschen@conroeisd.net)