

HIGHLANDER ATHLETICS

2022 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 **10th-12th** grade athletes and runs from **7:30-9:30 am**.

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

Both sessions run Monday-Thursday.

Camp begins Monday, June 6 and runs through July 28.

NO camp on Fridays or July 1-July 10

The cost of the camp is \$150

##ALL CAMP PARTICIPANTS MUST HAVE A 2022-2023 PHYSICAL##

##ON FILE TO PARTICIPATE IN SUMMER ACTIVITIES##

CLICK THE LINK BELOW TO REGISTER

<https://conroeisd.schoolcashonline.com/Fee/Details/32997/195/False/True>

Individual sports skills times may vary

Any questions? Please e-mail Mike Fredrickson at mfredrickson@conroeisd.net, Emory Bartolazzi at ebartolazzi@conroeisd.net, or David Colschen at dcolschen@conroeisd.net