

HIGHLANDER ATHLETICS

2024 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**on alternating days at The Woodlands HS.

Session 1 is for **10th-12th** grade athletes and runs from **7:30-9:00 am**. Football skills will be from 9:00-9:30 am on **Mondays** and **Wednesdays**.

Session 2 is for **7th-9th** grade athletes and runs from **10:00-11:30 am**. Football skills will be from 9:30-10:00 am on **Tuesdays** and **Thursdays**.

Both sessions run Monday-Thursday.

Camp begins Monday, June 3 and runs through August 1.

NO camp on Fridays or June 28-July 14

The cost of the camp is \$150

##ALL CAMP PARTICIPANTS MUST HAVE A 2024-2025 PHYSICAL## ##ON FILE TO PARTICIPATE IN SUMMER ACTIVITIES##

CLICK THE LINK BELOW TO REGISTER

<https://conroeisd.schoolcashonline.com/Fee/Details/51862/195/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