

# ***HIGHLANDER ATHLETICS***

## ***2026 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-12<sup>th</sup>** 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 **7<sup>th</sup>-9<sup>th</sup>** 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.

**\*\*Due to construction, rain may cause cancellations\*\***

Camp begins Monday, June 1 and runs through July 30.

NO camp on Fridays or June 26-July 12

The cost of the camp is \$150

**##ALL CAMP PARTICIPANTS MUST HAVE A 2026-2027 PHYSICAL ON FILE TO PARTICIPATE IN SUMMER ACTIVITIES##**

Ctrl+CLICK THE LINK BELOW TO REGISTER

<https://conroeisd.schoolcashonline.com/Fee/Details/76183/195/False/True>

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

Any questions? Please e-mail David Colschen at [dcolschen@conroeisd.net](mailto:dcolschen@conroeisd.net) , Mike Taliaferro at [mtaliaferro@conroeisd.net](mailto:mtaliaferro@conroeisd.net), or Matt Barrickman at [mbarrickman@conroeisd.net](mailto:mbarrickman@conroeisd.net)