

Spring ISD Summer Strength and Conditioning Camp

Spring High School

Contact: Trent Miller – jmille2@springisd.org

Date:

Week 1 – JUNE 7TH-11TH 8-10 AM

Week 2 – JUNE 14TH-18TH 8-10 AM

Week 3 – JUNE 21ST-25TH 8-10 AM

Week 4 – JUNE 28TH- JULY 2ND 8-10 AM

Week 5 – JULY 5TH-8TH 8-10 AM

Week 6 – JULY 12TH-15TH 8-10 AM

Week 7- JULY 19TH-22ND 8-10 AM

Needed Supplies: Shorts, Workout shirt, 2 Pairs of shoes-cleats & regular tennis shoes and a towel

Price: \$45.00 per athlete (cash or money order only)

CAMP FOCUS

Power and Strength

Participants will engage in a weight program designed to increase explosive power and strength through the use of ground-based, multiple joint weight exercises, plyometrics, and agility drills.

Speed, Agility, Coordination

Activities and exercises will be utilized with an emphasis on proper technique so that the permanent, positive changes in acceleration, change of direction, and top speed running will be realized.

Flexibility and Mobility

Emphasis will be given to increasing participant flexibility and mobility by teaching proper mechanics and utilizing specific exercise designed towards increasing the athlete's full range of motion.

Participants: Boys & Girls grades 8th – 12th as of 8/21

Spring ISD Athletics



Educating Life Champions

