

SUMMER STRENGTH AND QUICKNESS CAMP 2019

The Summer Workout Program is a strength and conditioning program that is not sport specific. The program includes weights, running, and agility.

May 27th – 30th (Mon-Thur)

June 3rd – 6th (Mon-Thur)

June 10th – 13th (Mon-Thur)

June 17th – 20th (Mon-Thur)

June 24th – 27th (Mon-Thur)

Closed July 1st – 4th

July 8th, 11th & 12th (Mon/Thurs/Fri)

July 15th – 18th (Mon-Thur)

July 24th – 26th (Wed - Thurs)

Camp will be held Monday thru Thursday from **9:00-11:00AM** on the above 8 weeks of summer. Closed 4th of July week.

*two of the weeks are only 3 days and include Friday due to UIL

Middle School Informational Meeting: August 15, 2019 6:00pm

Middle School Equipment Pickup: August 16, 2019 4:30-7:30pm

Volleyball Start date: August 1, 2019

Cross Country Start date: May 27, 2019 7:45am

Football Start date: August 5, 2019

PHYSICALS: EVERYONE MUST HAVE A PHYSICAL BEFORE PRACTICE STARTS OR BY THE FIRST DAY OF SCHOOL IF NOT PLAYING FOOTBALL, VOLLEYBALL, OR CROSS COUNTRY!

***** All athletes in entering 7th thru 12th grades are encouraged to attend**

If you have any questions or concerns please contact Coach Reyes 361-318-4932 or joreyes@fshisd.net