

SUMMER STRENGTH AND QUICKNESS CAMP 2018

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

June 4th – 7th
June 11th – 14nd
June 18th – 21st
June 25th – 28th
Closed July 2nd – 5th
July 9th – 12th
July 16th – 19th

*July 24th – 27th Open Weight Room 8:00 – 9:30

Camp will be held Monday thru Thursday from 8:00–10:00am on the above 6 weeks of summer. Closed 4th of July week.

Middle School Informational Meeting: August 16, 2018 6:00pm

Middle School Equipment Pickup: August 17, 2018 4:30-7:30pm

Volleyball Start date: August 1, 2018

Cross Country Start date: June 4, 2018 7:45am

Football Start date: August 6, 2018

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