

# Spartan Pride!!!

“S.A.C.”

## Stratford High School Summer Conditioning Program

### Sessions

Session 1      8:00-10:00 a.m.

### Camp Dates

Monday – Thursday  
June 11th – August 2nd

\* **No Camp the week of July 2nd – 5th**

\* **No Camp the week of July 23rd – 26th**

### Camp Requirements

All camp participants must fill out the emergency information and sign the SBISD fitness program release. The athlete must have a physical prior to camp. Athletes who participated in SBISD athletics this past year should have a physical on file and will not need to get another physical for this camp (includes Middle Schools).

### Camp Cost

\$100 (financial aid will be provided for those who meet SBISD requirements)

- Please make checks payable to: Spring Branch ISD (**please include your child's name on check**). Please mail check to Stratford High School or drop it off in my box at school.
- We would like to have all camp forms in by May 26<sup>th</sup> in order to provide sufficient staffing for the camp. We will continue to accept forms until the camp begins.

### Camp Information

The Stratford camp will place an emphasis on speed, strength, explosive power, flexibility, and conditioning. All workouts will be held at the **Stratford High School** weight room, practice fields, and track. A typical day would involve approximately an hour in the weight room focusing on strength and explosive power and an hour outside with speed and agility development. Both male and female athletes that will be attending Stratford High School for the 2018-2019 school year are encouraged to participate. Athletes will be divided into skill level groups providing an opportunity for the younger Spartans to develop necessary skills for high school athletics and older Spartans to continue their training in the summer. Spartan Pride!!!

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