

Spartan Pride!!!

“S.A.C.”

Stratford High School

Summer Conditioning Program for incoming 7th and 8th grade students

Non High School Session

10:15 am – 11:30 am

Camp Dates

Monday - Thursday

June 11 – 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). Students must be entering the 7th or 8th grade in the fall of 2018 and must be zoned to Stratford High School to attend.

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 26th 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, 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 include stretching, core/abdominal exercise, agility, and conditioning. Camp participants will be exposed to training techniques that will increase flexibility, agility, and conditioning. This particular time slot will only have middle school kids (no high school). Both male and female athletes that will eventually attend Stratford High School are encouraged to participate. Spartan Pride!!!

Eliot Allen

dean.allen@springbranchisd.com

(713) 251-3400

14555 Fern

Houston, TX 77079