

# 2019 Stratford Strength & Conditioning Camp

## Sessions

High School (9<sup>th</sup> -12<sup>th</sup>): 8:00am-10:00am

Middle School (7<sup>th</sup>-8<sup>th</sup>): 11:00am-12:00pm

\*Sport-Specific Skills Training: see page 2 for schedule

## Dates

Monday-Thursday

Begins: June 3 - Ends: August 1

Off: July 3-10, July 22-23

## Camp Requirements

Athletes must turn in a physical dated April 1, 2019 or later. Athletes must turn in a completed registration form and camp fee to Coach Keefner (scholarships/financial assistance available to athletes that meet SBISD requirements).

**Cost** \$125.00

**MAKE CHECKS PAYABLE TO SBISD**

## Camp Information

Focus for the camp will be to improve the level of physical strength, conditioning, flexibility, speed, and agility. Athletes are encouraged to bring athletic shoes, cleats and water daily. Athletes will be outside for approximately an hour, so participants are encouraged to hydrate. The other hour will be in the weight room.

## Camp Contact

Todd Rankin      jeffory.rankin@springbranchisd.com (832) 549-8719

Bryan Keefner      bryan.keefner@springbranchisd.com (713) 251-3421

----- (cut here & return registration form) -----

## **S&C Registration Form**

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade (Fall '19) \_\_\_\_\_

Physical and Consent to Treat on file: Yes or No      School Attended last year \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Student School ID # \_\_\_\_\_

I, the undersigned, being the individual, parent, or legally authorized guardian of \_\_\_\_\_,

agree to hold Spring Branch ISD, its Board of Trustees, administration, and/or faculty, harmless from liability for any injuries which my child may receive while participating in any recreational activities or utilizing the Spring Branch ISD facilities. I herewith authorize the Director, supervisor, and/or district employee to secure medical services for any family if necessary, and I agree to pay either directly or through my own personal health and accident insurance policy, all medical or hospital cost.

\_\_\_\_\_  
Signature of parent or legal guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Address of parent or legal guardian

\_\_\_\_\_  
City/State

\_\_\_\_\_  
Zip

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6/3</b> HS: 8am-10am MS: 11am-12pm	<b>6/4</b> HS: 8am-10am MS: 11am-12pm	<b>6/5</b> HS: 8am-10am MS: 11am-12pm	<b>6/6</b> HS: 8am-10am MS: 11am-12pm	<b>6/7</b> <b>NO CAMP</b>
<b>6/10</b> HS: 8am-10am MS: 11am-12pm	<b>6/11</b> HS: 8am-10am MS: 11am-12pm	<b>6/12</b> HS: 8am-10am MS: 11am-12pm	<b>6/13</b> HS: 8am-10am MS: 11am-12pm	<b>6/14</b> <b>NO CAMP</b>
<b>6/17</b> HS: 8am-10am MS: 11am-12pm	<b>6/18</b> HS: 8am-10am MS: 11am-12pm	<b>6/19</b> HS: 8am-10am MS: 11am-12pm	<b>6/20</b> HS: 8am-10am MS: 11am-12pm	<b>6/21</b> <b>NO CAMP</b>
<b>6/24</b> HS: 8am-10am MS: 11am-12pm	<b>6/25</b> HS: 8am-10am MS: 11am-12pm	<b>6/26</b> HS: 8am-10am MS: 11am-12pm	<b>6/27</b> HS: 8am-10am MS: 11am-12pm	<b>6/28</b> <b>NO CAMP</b>
<b>7/1</b> HS: 8am-10am MS: 11am-12pm	<b>7/2</b> HS: 8am-10am MS: 11am-12pm	<b>7/3</b> <b>NO CAMP</b>	<b>7/4</b> <b>NO CAMP</b>	<b>7/5</b> <b>NO CAMP</b>
<b>7/8</b> <b>NO CAMP</b>	<b>7/9</b> <b>NO CAMP</b>	<b>7/10</b> <b>NO CAMP</b>	<b>7/11</b> HS: 8am-10am MS: 11am-12pm	<b>7/12</b> HS: 8am-10am MS: 11am-12pm
<b>7/15</b> HS: 8am-10am MS: 11am-12pm	<b>7/16</b> HS: 8am-10am MS: 11am-12pm	<b>7/17</b> HS: 8am-10am MS: 11am-12pm	<b>7/18</b> HS: 8am-10am MS: 11am-12pm	<b>7/19</b> <b>NO CAMP</b>
<b>7/22</b> <b>NO CAMP</b>	<b>7/23</b> <b>NO CAMP</b>	<b>7/24</b> HS: 8am-10am MS: 11am-12pm	<b>7/25</b> HS: 8am-10am MS: 11am-12pm	<b>7/26</b> HS: 8am-10am MS: 11am-12pm
<b>7/29</b> HS: 8am-10am MS: 11am-12pm 9	<b>7/30</b> HS: 8am-10am MS: 11am-12pm	<b>7/31</b> HS: 8am-10am MS: 11am-12pm	<b>8/1</b> HS: 8am-10am MS: 11am-12pm	

## 2019 Stratford S&C Calendar

## SPORT-SPECIFIC SKILLS TRAINING

**\*\*You may attend two TOTAL hours per week, NOT two hours per sport.\*\***

<b>SPORT</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Football	10:15 – 10:45 am	10:15 – 10:45 am	10:15 – 10:45 am	10:15 – 10:45 am	---
Volleyball	10:15 – 11:15 am	10:15 – 11:15 am	---	---	---
Boy's & Girls' Basketball	10:30 – 11:30 am	---	10:30 – 11:30 am	---	---
Boys' & Girls' Soccer	---	10:15 – 11:15 am	---	10:15 – 11:15 am	---
Softball	10:15 – 11:15 am		10:15 – 11:15 am		
Baseball	10:15 – 11:15 am	10:15 – 11:15 am	---	---	---

