

CAMP PHILOSOPHY

Our program utilizes a revolutionary training curriculum that addresses all areas of peak performance. It is designed to give a strong foundation in Strength & Conditioning, this camp is devised to teach and reinforce the fundamentals of strength, speed, and endurance. Proper technique and execution of all exercises will be priority. It is our goal to make each day a positive experience for each athlete.



The Summer Training Program is voluntary and does not guarantee a position or place on a team. Refunds will not be granted for failure to attend.

CONTACT:

Coach Marvin Welch

Telephone: 281.229.6464

Email:

mwelch@dickinsonisd.org



2019 SUMMER STRENGTH & SPEED CAMP

SUMMER STRENGTH & CONDITIONING CAMP

DICKINSON HIGH SCHOOL

Attn: Marvin Welch

3300 BAKER DR.

DICKINSON, TX 77539

DICKINSON HIGH SCHOOL
ATHLETIC FIELD HOUSE

3300 BAKER DR.

DICKINSON, TX 77539

PHONE: 281.229.6464

FAX: 281.229.6411

WHAT TO EXPECT

This summer-long training program will take the correct approach to instruct female & male athletes on the proper techniques necessary to maximize their athletic potential. Utilizing a periodic training program, athletes will improve their linear speed. Athletes will also learn the proper mechanics of explosive power and resistance training at an age-appropriate pace. Footwork and quickness will be emphasized to improve change-of-direction skills.

Acceleration & Speed Development
Agility Training
Progressive Plyometric Training
Strength Training & How to Properly
Execute Each Lift
Core Strength
Fun & Motivating Atmosphere



WHAT TO BRING

All athletes will be expected to wear proper athletic clothing (shorts & t-shirt) and appropriate athletic footwear to workout sessions (Gym/Weight room - Running Shoes, Turf/Grass - Cleats). We encourage you to bring a bottle for refilling water as well.

Please keep any valuables in your vehicle (wallet, phones, etc.) We will not be responsible for lost or stolen items.

SCHEDULE

CAMP DATES: MON - THU

June 3rd - August 8th

OFF DATES - July 1st - July 4th, 9th, 10th, 22nd, 23rd

1ST SESSION - FOOTBALL TIME:
7:15AM - 9:45AM
Incoming 9th - 12th Graders

2ND SESSION - ALL SPORTS
TIME: 10:00AM - 12:00PM
Incoming 7th - 12th Graders

1ST SESSION - Only for athletes currently participating in the DISD Football Program.

2ND SESSION - Will include Newcomers to DISD.

COST

EARLY REGISTRATION
(on/before May 23rd): **\$75**

LATE REGISTRATION
(after May 23rd): **\$100**

***Family Rate: 15% off 2nd Child**

MUST HAVE A CURRENT PHYSICAL ON FILE WITH DISD ATHLETIC TRAINING STAFF TO ATTEND

REGISTRATION FORM

(Please Do Not Detach)

FOOTBALL-1ST SESSION
7:15-9:45 (grade 9th-12th)

ALL SPORTS - 2ND SESSION
10:00-12:00 (grade 7th-12th)

Incoming Class Grade:

7th, 8th, 9th, 10th, 11th, 12th (Circle One)

Gender: M / F (Circle One)

Sport(s) _____

Name: _____

Address: _____

City: _____, TX

Number: (_____) _____ - _____

Waiver of Liability:

I hereby authorize the directors of the Dickinson ISD Summer Training Program to act for me in accordance w/ their judgment in any emergency requiring medical attention. I further waive and release D.I.S.D., the coaches, workers, or anyone associated with Dickinson Athletics from liability for any damages from injuries and or illnesses sustained at the Dickinson Summer Training Program. I know of no mental or physical conditions that might affect my child's ability to participate. I also understand that any outstanding balance will result in my child being placed on the D.I.S.D. Fine & Fee List.

Parent/Guardian _____

Signature: _____

Number: (_____) _____ - _____

PLEASE DO NOT DETACH REGISTRATION FORM!

SEND PAYMENT & ENTIRE FORM TO:

Dickinson Strength and Conditioning
3300 Baker Dr., Dickinson, TX 77539

Payable to: "Dickinson Strength and Conditioning"

REGISTER ON-LINE: <https://dickinson-isd.revtrak.net/athletics-1/athletics-camps/athletics-strength-and-conditioning/#/list>