



SUMMER STRENGTH & CONDITIONING CAMP

WHAT TO EXPECT:

ACCELERATION & SPEED DEVELOPMENT | AGILITY TRAINING | PROGRESSIVE PLYOMETRIC TRAINING | STRENGTH TRAINING | HOW TO PROPERLY EXECUTE EACH LIFT | CORE STRENGTH | FUN & MOTIVATING ATMOSPHERE

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.

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. Each athlete will need to have a completed physical completed. Visit the DHS Sports Medicine website for more information.

CAMPUS CONTACTS & LOCATIONS:

Dickinson HS: 3800 Baker Drive, Dickinson, Texas 77539
Marvin Welch - 281.229.6464

McAdams Jr. High: 11415 Hughes Road, Dickinson, Texas 77539
(Girls) Erin Cole -281.229.7211 | (Boys) Michael Guillory - 281.229.7298

Kranz Jr. High: 12850 FM 3436 Road, Dickinson, TX 77539
(Girls) Incela Rodriguez -281.229.3636 | (Boys) Nicholas Vogt - 281.229.3638

CAMP SCHEDULES:

Dickinson High School: June 7 - July 22, 2021
Junior High's: June 9 - July 22, 2021
Days: Monday - Thursday
(Camps will be closed from July 5 - 9 (All Camps), July 12 - 15 (Girls Only) & July 19 - 20 (All Camps))

Dickinson High: Incoming 9th - 12th
TF & XC: 6:00 - 8:00 a.m.
Football: 7:00 - 9:00 a.m.
9th Grade Football: 8:00 - 9:30 a.m.
Soccer: 9:30 - 11:30 a.m.
Volleyball: 10:00 a.m. - 12:00 p.m.
Boys Basketball: 11:00 a.m. - 1:00 p.m.

Junior High's: Incoming 7th - 8th
8th Boys: 7:30 - 9:00 a.m.
7th Boys: 8:30 - 10:00 a.m.
7th & 8th Girls: 10:00 - 11:30 a.m.

*Athletes in Jr. High must attend camp campus they will be attending in the 7th & 8th Grade.

REGISTER HERE!

(ONLINE REGISTRATION ONLY)



Scan the QR Code above to register or visit:
<http://bit.ly/SCcamp21>

CAMP COST:

High School Athlete: **\$100**

Jr. High Athlete: **\$75**

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.