

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.

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.

WHAT WE OFFER

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

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.



STRENGTH & CONDITIONING

2020 SUMMER STRENGTH & CONDITIONING CAMP

DATES TO REMEMBER:

JUNE 8: GRADES 9-12 BEGIN
JUNE 15: GRADES 7-8 CAMP BEGIN
JULY 3 - JULY 8: CAMP CLOSED
JULY 20 - 21: CAMP CLOSED
JULY 23: CAMP ENDS

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, Track-Spikes, Running Shoes).

*MUST have water to participate (A Gallon is suggested).

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

WHERE TO REPORT

All athletes MUST report to the Dickinson High School Competition Gym each day for a pre-screening by our athletic training staff before they can attend.

*Social Distancing WILL be enforced

MUST HAVE A 2019-2020 OR 2020-2021 PHYSICAL ON FILE TO ATTEND CAMP

PLEASE REGISTER ON-LINE AT:

<https://bit.ly/SCcamp>

REGISTRATION INFORMATION

CHECK ONE SESSION

- FOOTBALL:** MON-FRI
7:15AM-10:15AM
(grade 9th-12th)
- X.C/TRACK & FIELD:** MON-THUR
10:00AM-12:00PM
(grade 7th-12th)
- VOLLEYBALL:** MON-THUR
10:00AM-12:00PM (Only grade 9)
11:00AM-1:00PM(grade 10th-12th)
- SOCCER:** MON-THUR
11:00AM-1:00PM
(grade 7th-12th)
- BASKETBALL:** MON-THUR
11:00AM-1:00Pm (grade 7th-12th)
- JR HIGH ATHLETES:** MON-THUR
11:00AM-1:00PM (grade 7th-8th)

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:(_____)_____ - _____

Name: _____

Address: _____

City: _____, TX

Number:(_____)_____ - _____

Incoming Class Grade:

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

Gender: M / F (Circle One)

COST

REGISTRATION

\$75

EACH ADDITIONAL ATHLETES

\$25

CONTACT INFORMATION:

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Strength and Conditioning Coordinator

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