



DICKINSON HIGH SCHOOL

2023 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 **MUST HAVE** a completed physical to attend the camp. Visit the DHS Sports Medicine website for more information.

CAMPUS CONTACTS & LOCATIONS:

Dickinson HS: 3800 Baker Drive, Dickinson, Texas 77539
Marvin Welch M.S., CSCS, RSCC*D, USAW I, USATF II -
281.229.6464

CAMP SCHEDULES:

DHS DATES: JUNE 5TH – JULY 20TH

DAYS: MONDAY - THURSDAY

ALL CAMPS CLOSED: JULY 3RD – JULY 6TH

DICKINSON HS: 9TH-12TH GRADERS

SESSION 1 - GIRLS SOCCER/SOFTBALL/GIRL BASKETBALL: 7:00AM - 9:00AM

SESSION 2 - FOOTBALL: 8:00AM – 10:00AM

SESSION 3 - VOLLEYBALL/TF/BOYS BASKETBALL: 10:00AM - 12:00PM

PHYSICALS:

<https://schools.dickinsonisd.org/page/sportsmed-Physical%20Forms>

CAMP COST:

DICKINSON HS: \$100

REGISTER HERE!

(ONLINE REGISTRATION ONLY)



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

**STUDENTS WILL NOT BE ABLE TO ATTEND CAMP
WITHOUT REGISTRATION**

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.