



2025 DICKINSON ISD

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 current physical to attend the camp. Visit the DHS Sports Medicine website for more information.

CAMP SCHEDULES:

HIGH SCHOOL DATES: JUNE 2ND— JULY 17TH

JR. HIGH DATES: JUNE 4TH - JULY 17TH

CAMP DAYS: MONDAY - THURSDAY

ALL CAMPS CLOSED: JUNE 30TH — JULY 4TH

DHS CLOSED: JUNE 9TH

DICKINSON HS BOYS: 9TH-12TH GRADERS

SESSION 1: 9TH GRADE BOYS - 7:00AM - 9:00AM

SESSION 2: 10TH-12TH GRADE BOYS - 8:00AM - 10:00AM

SESSION 3: ALL BOYS BASKETBALL - 9:00AM - 11:00AM

DICKINSON HS GIRLS: 9TH-12TH GRADERS

SESSION 4: G. SOCCER/SOFTBALL/TF - 10:00AM - 12:00PM

SESSION 5: VOLLEYBALL/G.BASKETBALL - 1:00PM - 3:00PM

JUNIOR HS: 7TH-8TH GRADERS

JR HIGHS WILL MEET @McADAMS JR. HIGH

SESSION 1 - BOYS ONLY: 7:30AM — 9:00AM

SESSION 2 - GIRLS ONLY: 9:30AM — 11:00AM

PHYSICALS FORMS:

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

**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.*

CAMP COST:

REGULAR: \$120

F/R LUNCH: \$60

REGISTER HERE!

(ONLINE REGISTRATION ONLY)



Scan the QR Code above to register or visit:

Registration: <https://bit.ly/DISDscamp>

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

CAMPUS CONTACTS:

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

McAdams JH: 11415 Hughes Road, Dickinson, Texas 77539
Michael Guillory: 281.229.7298 & Lauren Bitner: 281.229.7298

Dickinson JH: Rodney Smith: 281.309.3890
& Karina Alvarado: 281.309.3893

Kranz JH: Nicholas Vogt: 281.309.3638
& Incela Rodriquez: 281.309.3636