

WAXAHACHIE ISD 2022 SUMMER STRENGTH & CONDITIONING

TIME, LOCATION AND AGE GROUPS

Girls grade 7-12 @ WHS IAC 7:30-9:00 am

Boys grade 10th-12th @ Lumpkins 7:15-8:45am

Boys grade 7th-9th @ Lumpkins 10:00-11:30am

COST

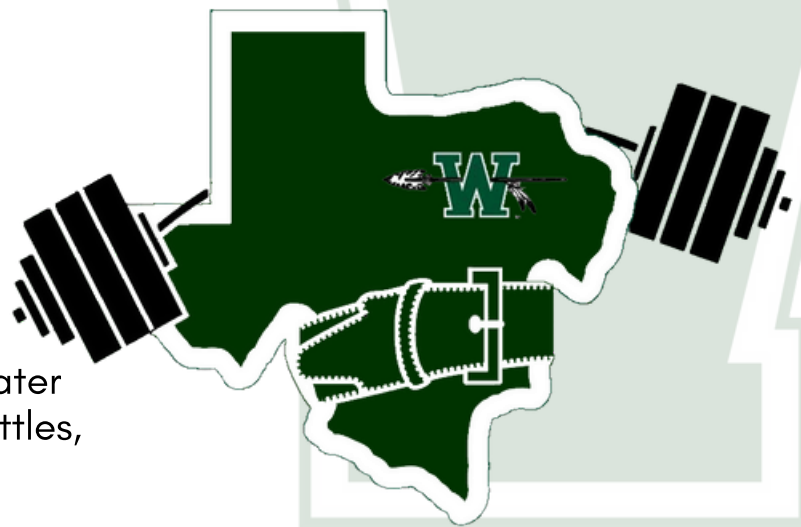
Free for WISD student athletes entering grades 7-12 athletic programs

DATES

*See calendar below for specific dates.

BRING

Athletic clothing, appropriate footwear, water bottle and towel. No sharing of towels, bottles, food, drinks, or other personal items.



 **ALL ATHLETES MUST HAVE A PHYSICAL ON FILE WITH THE SPORTS MED DEPT**

For incoming 7th grade students that elect to have a personal EKG, the results must be turned in with the physical before the student may participate.

Strength and Conditioning Camp is intended to develop better athletes for all sports with focus on agility, acceleration, maximum and dynamic strength, unilateral movement, mobility, stability and core strength through non sport-specific skills in a competitive and intense environment. Waxahachie ISD coaches will help students stay active and improve their confidence and athleticism while modeling and teaching positive character traits and habits.

For questions please contact the coaches below:

Girls, Dana Scott dscott@wisd.org

Boys, Eugene Rogers erogers@wisd.org

Boys Athletic Coordinator, Shane Tolleson stolleson@wisd.org

Girls Athletic Coordinator, Sandy Faussett sfaussett@wisd.org

Director of Sports Medicine, EJ Hairston ehairston@wisd.org

Director of Athletics, Greg Reed greed@wisd.org

■ = Boys Camp

■ = Girls Camp

■ = Open Weight Room
8-10am / 1-3pm
Lumpkins Stadium

✗ = Athletic Facilities Closed

JUNE 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	✗	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	✗	

JULY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2022 STRENGTH & CONDITIONING ENROLLMENT FORM

****Please bring this signed portion of the form to registration****

On site registration will take place on the first day of camp, June 1.

Student Name: _____

Parent/Guardian: _____

Contact Phone #: _____

Grade (Fall 2022): _____

I agree to allow my child to participate in the summer camp and affirm that my child's participation is completely voluntary. I understand that there are risks inherent in athletic activities which could cause serious injury. I also understand that, despite safety precautions, Waxahachie ISD cannot guarantee that my child will not be injured. I hereby authorize the staff of Waxahachie ISD to use their best judgement in any emergency requiring medical attention, and I release all camp personnel from liability for injuries. To minimize the risk, I have instructed my child to obey all the rules, regulations and instructions of the staff of the summer camp.

Parent/Guardian Signature: _____ Date: _____