



Brock Eagle 2023 Boys Basketball Strength and Conditioning High School & Jr. High Sessions

We understand that athletes may not can make it every week due to summer plans. We just ask that they participate in as many as possible. It is better for them to be at the workouts they can attend, than to not participate at all. This program will work on strength, agility, vertical, speed and quickness. In the basketball skills session, we will work the fundamentals of the game and introduce them to drills that we will run in our program during the school year.

June Dates:

WEEK 1 - June 5th – 8th (M-Th)
WEEK 2 - June 12th – 15th (M-Th)
WEEK 3 – June 19th – 22nd (M-Th)
OFF WEEK – June 26th – 29th

July Dates:

OFF WEEK – July 3rd – 6th
WEEK 4 – July 10th – 13th (M-Th)
WEEK 5 – July 17th – 20th (M-Th)
WEEK 6 – July 24th – 26th (M-W)

Time:

8:00AM – 9:00AM = Jr. High Strength & Conditioning Session at HS Gym-WR
9:00AM – 9:45AM = Jr. High Basketball Skills Session at HS Gym
10:00AM – 10:45AM = HS Basketball Skills Session at HS Gym
10:45AM – 12:00PM = HS Strength & Conditioning Session at HS Gym-WR

Site:

HS Gym, Weight Room & Outside (in the back part of the high school gym)

Price:

\$125 per athlete - for the athletes that will be attending both the strength & conditioning and the basketball skills parts with the basketball coaches

\$50 per athlete (to basketball S&C) for athletes that play football and basketball and will only be attending the basketball skills part of the basketball program with the basketball coaches. We have worked it out so that athletes that play football can go to both: football weights and skills and to the basketball skill session, so they still get to work on basketball.

***Make checks payable to: Brock ISD and turn into the basketball coaches.**

- Can turn into the school office or bring the first day of strength & conditioning.

Name _____

Telephone _____

Address _____

Grade Next Year _____

Camp Session (circle one): HS / Jr. High

I understand that I am to provide my own insurance and that neither Brock I.S.D. nor the strength and conditioning staff is responsible for accidents or injury to my child. I also give permission for my child to be treated in an emergency situation.

Parent Signature _____

Date _____