



SEVEN LAKES HIGH SCHOOL

2024 STRENGTH & CONDITIONING CAMP

CAMP INFORMATION:

Who: Incoming 7th through 12th grade Katy ISD male & female student athletes who are zoned to SLHS.

Students **MUST** have all medical paperwork, including an approved KISD physical dated between May 2023 and June 2024, uploaded into their Rank One Accounts.

Dates: Week 1: June 3rd- June 6th

Week 2: June 10th- June 13th

Week 3: June 17th - June 20th

Week 4: June 24th - June 27th

Week 5: July 8th – July 11th

Week 6: July 15th - July 18th

Week 7: July 22nd- July 25th

*Camp will run Monday through Thursday. No camp the first week of July due to July 4th Holiday

Program Session Times:

Session 1**: 8am – 10am – HS Spartan Camp – Incoming 9th -12th graders only

Session 2**: 10am – 12pm – HS Spartan Camp – Incoming 9th – 12th graders only

**Please check with High School Head Coach for preferred session time

Session 3: 1pm – 3pm – Jr. High Camp – Incoming 7th & 8th grade Junior High students only

What to Bring/Wear Every Day:

- Appropriate Athletic Apparel
- Athletic Shoes
- Cleats, if used by your sport

CAMP GOALS:

The Spartan Strength & Conditioning Camp is our annual 28-day summer program. Campers are put into **age/ability levels and will also attend the session that best fits their next grade level** and/or by coaching staff recommendations. Campers are encouraged to participate in family vacations or other summer camps if needed. Attendance is strictly voluntary and not required for your student athlete to participate in the sport during the school year.

REGISTRATION INFORMATION:

Cost: \$125

Registration Deadline: Friday, May 31, 2024 at 8pm

- You will need to register and pay online at: <https://katyisd.revtrak.net/slhs-strength-and-conditioning-camp#/list>.
-
- No Paper Registration Forms or cash or check payments may be accepted this year.

Questions? Please Contact: Summer Gil - SLHS Campus Athletic Secretary

E-mail : Summergil@katyisd.org

Phone: 281-237-2940