



SEVEN LAKES HIGH SCHOOL

2025 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 2024 and June 2025, uploaded into their Rank One Accounts.

Dates: Week 1: June 2nd- June 5th

Week 2: June 9th- June 12th

Week 3: June 16th - June 19th

Week 4: June 23rd - June 26th

Week 5: June 30th – July 3rd

Week 6: July 7th - July 10th

Week 7: July 14th- July 17th

Program Session Times:

Session 1 - 8am to 10am – Grades 9-12 Boys Contact Sports Only and Girls Indoor Sports

Session 2 - 10am - 12 - Grades 9-12 Boys Non-Contact Sports and Girls Outdoor Sports

Session 3 - 1pm – 3pm – Grades 7 and 8 All Sports

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: Wednesday, May 28, 2025 at 8pm

- You will need to register and pay online <https://katyisd.revtrak.net/summer-camps/summer-recreation-program/sac-camp/>
- No Paper Registration Forms or cash or check payments may be accepted this year.

Questions? Please Contact: Tambi Martin - SLHS Campus Athletic Secretary

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Phone: 281-237-2940