



SEVEN LAKES HIGH SCHOOL

2026 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 2025 and June 2026, uploaded into their Rank One Accounts.

Dates: Week 1: June 1ST – June 4th

Week 2: June 8th- June 11th

Week 3: June 15th - June 18th

Week 4: June 22nd - June 25th

Week 5: June 29th – July 2nd

Week 6: July 6th - July 9th

Week 7: July 13th- July 16th

Program Session Times:

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

Session 2 - 10am - 12 - Grades 9-12 Boys Non-Contact Sports, all incoming 9th grade Boys 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 27, 2026, at 8pm

- You will need to register and pay online: <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: Tambi Martin - SLHS Campus Athletic Secretary

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