

PANTHER 2025 SUMMER PLAN

HS BOYS & HS GIRLS is including incoming 9th graders

HS BOYS will only workout TUESDAY, WEDNESDAY, & THURSDAY. MONDAYS & FRIDAYS will be off for Boys workouts

HS Girls workouts will be MONDAY-THURSDAY with FRIDAYS off

JH Athletes will be off the Month of June. JH will start in the Month of July after the 4th of July week

Cost for Summer Camp is \$50 for HS & \$25 for JH

Week	Sessions	Groups
May 27-30	CLOSED	CLOSED
June 2-5	HS GIRLS 8-10 AM	HS GIRLS/ HS BOYS
June 3-5	HS BOYS 9-11 AM	
June 9-12	HS GIRLS 8-10 AM	HS GIRLS/ HS BOYS
June 10-12	HS BOYS 9-11 AM	
June 16-19	HS GIRLS 8-10 AM	HS GIRLS/ HS BOYS
June 17-19	HS BOYS 9-11 AM	
June 23-26	HS GIRLS 8-10 AM	HS GIRLS/ HS BOYS
June 24-26	HS BOYS 9-11 AM	
June 30 - July 4	CLOSED	CLOSED
July 7-10	HS GIRLS & JH GIRLS 8-10 AM	HS GIRLS/ HS BOYS/ JH GIRLS/ JH BOYS
July 8-10	HS BOYS & JH BOYS 9-11 AM	
July 14-17	HS GIRLS & JH GIRLS 8-10 AM	HS GIRLS/ HS BOYS/ JH GIRLS/ JH BOYS
July 15-17	HS BOYS & JH BOYS 9-11 AM	
July 21-24	HS GIRLS & JH GIRLS 8-10 AM	HS GIRLS/ HS BOYS/ JH GIRLS/ JH BOYS
July 22-24	HS BOYS & JH BOYS 9-11 AM	
July 28-31	CLOSED	CLOSED



Summer Workout Schedule



HS Girls June-July

Monday	Tuesday	Wednesday	Thursday	Friday
8-9 AM HS G (Speed)	8-9 AM HS G (WR)	8-9 AM HS G (A/E)	8-9 AM HS G (WR)	Off
9-10 AM HS G (Sport)	9-10 AM HS G (Sport)	9-10 AM HS G (Sport)	9-10 AM HS G (Sport)	
Volleyball	Basketball	Volleyball	Basketball	
Soccer PM	Volleyball	Soccer PM	Volleyball	

JH Girls July

Monday	Tuesday	Wednesday	Thursday	Friday
8-9 AM JH G (Sport)	8-9 AM JH G (Sport)	8-9 AM JH G (Sport)	8-9 AM JH G (Sport)	Off
9-10 AM JH G (Speed)	9-10 AM JH G (WR)	9-10 AM JH G (A/E)	9-10 AM JH G (WR)	
Volleyball	Basketball	Volleyball	Basketball	
Soccer PM		Soccer PM		

HS Boys June-July

Monday	Tuesday	Wednesday	Thursday	Friday
(Sport) Football	9-10 AM Speed	9-10 AM Agility/Explosion	9-10 AM Speed	Off
9-10 AM	10-11 AM Lower WR 1	10-11 AM Upper WR	10-11 AM Lower WR 2	
	11-12 AM (Sport) Basketball	11-12 AM (Sport) Football	11-12 AM (Sport) Basketball	

JH Boys July

Monday	Tuesday	Wednesday	Thursday	Friday
(Sport) Football	9-10 AM WR L1 (Shed)	9-10 AM WR U (Shed)	9-10 WR L2 (Shed)	Off
9-10 AM	10-11 AM Speed	10-11 AM Agility/Explosion	10-11 AM Speed	
	11-12 AM (Sport) Basketball	11-12 AM (Sport) Football	11-12 AM (Sport) Basketball	

SHISD SUMMER SPORTS CAMPS 2025

Tennis Camp

When- June 2-5th 9am-12pm
Where- SH Tennis Courts
Who- Entering Grades K-5th
Price- \$120 and includes a t-shirt

Volleyball Camp

When- June 23-25th 12-2:30pm
Where- SH High School Gym
Who- Entering Grades 4-8th
Price- \$50 and includes a t-shirt

Football Camp

When- July 22-23rd 6-8pm
Where- Panther Stadium
Who- Entering Grades 3-6th
Price- \$50 and includes a t-shirt

When- June 9-11

Where- SH High School Gym
Who- Entering Grades 4-6th 1-3pm
Entering Grades 7-9th 3-5pm
Price- \$50 and includes a t-shirt

Boys/Girls Soccer Camp

When- July 8-10th 6:30-8:30pm
Where- Panther Stadium
Who- Entering Grades 4-7th
Price- \$40 and includes a t-shirt

Softball Camp

When- July 29-30th
Where- Lady Panther Softball Field
Who- Entering Grades 3-5th 5-7pm
Entering Grades 6-9th 7-9pm
Price- \$50 and includes a t-shirt

Baseball Camp

 TBD 

REGISTER NOW!



shpanthers.com

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