



FLORESVILLE ATHLETIC DEPARTMENT

2022 Summer Strength & Conditioning Camp Information Sheet

All information is subject to change based on updates from governing authority's guidelines and recommendations

→ Fee \$60 > Starts June 6th: Monday-Thursday

→ Incoming 7th- 12th grades may participate

→ Physicals

- ◆ Each athlete must have a Physical on file in order to participate
 - Any pre-existing injury that was not cleared before the school shut down MUST be cleared by a doctor's note
- ◆ Incoming 7th graders must turn in a physical to participate

→ Required Registration

- ◆ SS&CC Registration (MUST FILL OUT **ON/BEFORE THE 1ST DAY TO PARTICIPATE**)
 - Registration forms will also be available at the Tigers Den on the 1st day of camp if you are not able to register online.
 - MUST HAVE a parent/ guardian signature.

→ Session Times (Sign up for your preferred workout time on the SS&CC Daily Signup Sheet above)

- ◆ Group A: 8:00am- 10:00am
- ◆ Group B: 6:00pm- 8:00pm

→ Restroom Procedures

- ◆ One female, and one male are allowed to use the restroom at a time.
 - Tigers Den Weight Room, use the restrooms outside the weight room door.
 - Football Field, use the concession stand restrooms.
 - Main Gym weight rooms, use the gym restrooms.

→ REQUIRED EQUIPMENT

- ◆ **Drinking water**
 - MUST BE LABELED WITH NAME!
 - Enough for entire workout

→ Optional Equipment (Must bring to and from workouts)

- ◆ Cleats for the part of the workout on the field
- ◆ A personal towel

→ Summer Athletic Calendars

- ◆ June > July
 - Calendars will be updated with sports specific training days. Contact High School Head Coach for info!

