



FLORESVILLE ATHLETIC DEPARTMENT

2023 Summer Strength & Conditioning Camp Information Sheet

- ***Fee \$60 per Athlete; additional \$30 per athlete of the same family***
- ***Starts June 5th: 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 prior to the end of the school year MUST be cleared by our athletic trainer or a doctor's note
 - ◆ Incoming 7th graders must turn in a physical to participate
- **WE ARE OFFERING PHYSICALS AT THE HIGH SCHOOL COMPETITION GYM ON MAY 18TH**
- 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
 - ◆ Group A: 8:00am- 10:00am
 - ◆ Group B: 6:00pm- 8:00pm
- REQUIRED EQUIPMENT
 - ◆ **Water Bottle**
 - MUST BE LABELED WITH NAME!
- Optional Equipment (Must bring to and from workouts)
 - ◆ Cleats for the part of the workout on the field
 - ◆ A personal towel

