

Strength, Agility, & Conditioning Camp



Cy Woods SAC 2021



Dates:

- Monday - Thursday
- June 14 - July 1
- July 12 - July 29

Session I:

- 7am - 9am
- Open to incoming 9 - 12 grade boys
These limitations are due to the capacities of the weight room

Session II:

- 9am - 11am
- Open to incoming 7 – 12 grade girls and 7 - 8 grade boys
These limitations are due to the capacities of the weight room

Registration Fee:

- \$125.00 per student
- \$65.00 for additional sibling

Scan QR Code



to Register

A **current physical** must be turned into the Cy Woods HS Athletic Training staff in order to participate in SAC Camp.

All Athletes **must** complete the online CFISD athletic pre-participation forms prior to arrival at Cy Woods HS on Monday, June 14th for SAC Camp.

Online Forms: <https://www.cfisd.net/en/athletics/inside-athletics/sports-medicine-safety/athletic-physicals>

Every day the participants will need tennis shoes, cleats, and a water bottle!

Register for Cy Woods SAC Camp at bit.ly/CWSAC2021