



SEVEN LAKES HIGH SCHOOL

2021 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 2019 and June 2021, uploaded into their Rank One Accounts.

Dates: Week 1: June 7th - June 10th Week 5: July 5th - July 8th
Week 2: June 14th- June 17th Week 6*: July 12th, July 13th & July 15th
Week 3: June 21st - June 24th Week 7*: July 21st & July 22nd Only
Week 4: June 28th - July 1st

*Camp will run Monday through Thursday, with the exceptions of weeks 6 & 7, due to required trainings that the coaches must attend.

Program Session Times:

Session 1**: 8am – 10am – HS Spartan Camp

Session 2**: 10am – 12pm – HS Spartan Camp

**Please check with High School Head Coach for preferred session time

Session 3: 1pm – 3pm – Jr. High Camp – Junior High Athletes Only

What to Bring/Wear Every Day:

- Appropriate Athletic Apparel
- Athletic Shoes
- Cleats, if used by your sport
- **A gallon of water – we cannot provide a drinking container for your athlete, but they can refill, if needed**
- A mask is optional since Katy ISD is returning to normal operations beginning June 1st

CAMP GOALS:

The Spartan Strength & Conditioning Camp is our annual 25 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 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: Thursday, May 20, 2021

- You must register on-line at: <https://katyisd.store.rankonesport.com/camp/list>
- Then you will need to pay online at: <https://katyisd.revtrak.net/slhs-strength-and-conditioning-camp>
- **Your athlete is not registered for SAC Camp until both the on-line form and on-line payment is completed.**
- No Paper Registration Forms or cash or check payments may be accepted this year.

Questions? Please Contact: Susan Hamlyn - SLHS Campus Athletic Secretary

E-mail: SusanHamlyn@KatyISD.org Phone: 281-237-2940