

2019 Stratford Strength & Conditioning Camp

Sessions

High School (9th -12th): 8:00am-10:00am

Middle School (7th-8th): 11:00am-12:00pm

*Skills Portion: 10:15am-10:45am

Dates

Monday-Thursday

Begins: June 3- Ends: August 1

Off: July 3-10, July 22-23

Camp Requirements

Athletes must turn in a physical dated April 1, 2019 or later. Athletes must turn in a completed registration form and camp fee to Coach Keefner (scholarships/financial assistance available to athletes that meet SBISD requirements).

Cost \$125.00

MAKE CHECKS PAYABLE TO SBISD

Camp Information

Focus for the camp will be to improve the level of physical strength, conditioning, flexibility, speed, and agility. Athletes are encouraged to bring athletic shoes, cleats and water daily. Athletes will be outside for approximately an hour, so participants are encouraged to hydrate. The other hour will be in the weight room.

Camp Contact

Todd Rankin jeffory.rankin@springbranchisd.com (832) 549-8719

Bryan Keefner bryan.keefner@springbranchisd.com (713) 251-3421

----- (cut here & return registration form) -----

S&C Registration Form

Name _____ Age _____ Grade (Fall '19) _____

Physical and Consent to Treat on file: Y or No School Attended last year _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Emergency Contact _____

Parent/Guardian Name _____ Student School ID # _____

I, the undersigned, being the individual, parent, or legally authorized guardian of _____,

agree to hold Spring Branch ISD, its Board of Trustees, administration, and/or faculty, harmless from liability for any injuries which my child may receive while participating in any recreational activities or utilizing the Spring Branch ISD facilities. I herewith authorize the Director, supervisor, and/or district employee to secure medical services for any family if necessary, and I agree to pay either directly or through my own personal health and accident insurance policy, all medical or hospital cost.

Signature of parent or legal guardian

Date

Address of parent or legal guardian

City/State

Zip

2019 Stratford S&C Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/3 HS: 8am-10am MS: 11am-12pm	6/4 HS: 8am-10am MS: 11am-12pm	6/5 HS: 8am-10am MS: 11am-12pm	6/6 HS: 8am-10am MS: 11am-12pm	6/7 NO CAMP
6/10 HS: 8am-10am MS: 11am-12pm	6/11 HS: 8am-10am MS: 11am-12pm	6/12 HS: 8am-10am MS: 11am-12pm	6/13 HS: 8am-10am MS: 11am-12pm	6/14 NO CAMP
6/17 HS: 8am-10am MS: 11am-12pm	6/18 HS: 8am-10am MS: 11am-12pm	6/19 HS: 8am-10am MS: 11am-12pm	6/20 HS: 8am-10am MS: 11am-12pm	6/21 NO CAMP
6/24 HS: 8am-10am MS: 11am-12pm	6/25 HS: 8am-10am MS: 11am-12pm	6/26 HS: 8am-10am MS: 11am-12pm	6/27 HS: 8am-10am MS: 11am-12pm	6/28 NO CAMP
7/1 HS: 8am-10am MS: 11am-12pm	7/2 HS: 8am-10am MS: 11am-12pm	7/3 NO CAMP	7/4 NO CAMP	7/5 NO CAMP
7/8 NO CAMP	7/9 NO CAMP	7/10 NO CAMP	7/11 HS: 8am-10am MS: 11am-12pm	7/12 HS: 8am-10am MS: 11am-12pm
7/15 HS: 8am-10am MS: 11am-12pm	7/16 HS: 8am-10am MS: 11am-12pm	7/17 HS: 8am-10am MS: 11am-12pm	7/18 HS: 8am-10am MS: 11am-12pm	7/19 NO CAMP
7/22 NO CAMP	7/23 NO CAMP	7/24 HS: 8am-10am MS: 11am-12pm	7/25 HS: 8am-10am MS: 11am-12pm	7/26 HS: 8am-10am MS: 11am-12pm
7/29 HS: 8am-10am MS: 11am-12pm 9	7/30 HS: 8am-10am MS: 11am-12pm	7/31 HS: 8am-10am MS: 11am-12pm	8/1 HS: 8am-10am MS: 11am-12pm	