

## Memorial High School

### Summer Training Program for Incoming Freshmen through seniors

This summer we will again be offering strength and athletics program conducted by coaches from Memorial High School. The program will be offered to all students at Memorial who are **incoming freshmen through seniors**. Only students that are zoned to Memorial will be allowed to participate in this program. The focus of the program will be explosive strength, agility, speed development, and sprint conditioning. These workouts cannot and will not be sports specific and each participant may only attend one two-hour session a day. No make up sessions will be provided. This year due to new University Interscholastic League regulations, we are allowed to offer quite a few more days than we have been able to in the past, and we also have specific “dead days,” during which no school athletic facilities will be available for use. Our sessions will begin on Monday June 3 and will meet Monday through Thursday throughout the month of June. We will then take a break from June 28 thru Wed. July 10. The aforementioned break includes the July 4 holiday and two of our four “dead days.” Sessions will resume on July 11, and we will be allowed to work on Friday July 12. The next two “dead days” will be July 22 and 23, which will also allow us to work on Friday July 26. Attendance at every session is not mandatory as to allow participants the flexibility for summer plans. We encourage all of our Mustang athletes to participate in this program, as it will be an opportunity to work and bond with your fellow Mustang athletes as well as work with an experienced staff at a reasonable price.

This year we are making some changes to the program. We are planning on offering three sessions - two for returnees and one for newcomers. A “returnee” is a student athlete that has already participated at Memorial or is entering as an upperclassmen. A “newcomer” is a student athlete that will be entering Memorial as a 9<sup>th</sup> grader or is a novice in the weight room. Our newcomer sessions will be from 9am-11am. Returnee sessions will be from 7am-9am and 5pm-7pm.

Each participant in this program must have a physical on file with our athletic department. It will also be necessary for each participant to turn in a **signed registration form** and complete a **“Consent to Treat Form.”** If you participated in athletics this year at Memorial or one of the feeder Spring Branch ISD Middle schools, the physical you turned in will be sufficient. If you are a student who did not participate in athletics this past year or are entering this year from a school outside of our school district, we will need a copy of your athletic physical.

We will meet in the Memorial High School field house weight room daily throughout the length of the camp.

#### Dates.

Monday June 3 – Thursday August 8 (no workouts July 1 through July 10 and July 22 and July 23) Designated Friday workouts July 12 and July 26.

#### Times

Session I –7:00am-9:00am returnees - designated for athletes who have already participated in a program at Memorial

Session II-9:00am-11:00am newcomers - designated for athletes new to Memorial

Session III 5:00pm-7:00pm returnees – designated for athletes who have already participated in a program at Memorial

The majority of workouts will take place at the Memorial High School field house weight room located across Echo Lane (east) from the main campus.

#### Cost

\$125.00 (**Make Checks Payable to S.B.I.S.D.**)

Adjustments will be made for those students who are on free and reduced lunch.

**Makes Checks Payable to S.B.I.S.D.** You may mail your payment to Memorial High School Attention Coach Gary Koch 935 Echo Lane, Houston, TX. 77024, or you may bring the payment and forms with you on the first day of camp.

Questions about our program should be directed to Coach Koch @ 713-251-2745, or e-mail gary.koch@springbranchisd.com.