



SUMMER STRENGTH & CONDITIONING CAMP

2023 PEARLAND FOOTBALL

The purpose of the 2023 PHS Strength and Conditioning (SAC) Camp is to allow our students/athletes the opportunity to develop good conditioning habits while working with current and/or future PHS athletes while away from their regular school routine. We feel this will benefit them many times over for the upcoming 2023-24 competitive season. The camp is staffed with PHS coaches and is available to any football player in the fall of 2023. If you should have any questions, please call B.J. Gotte at 281-997-3281 or email gottew@pearlandisd.org. We look forward to a great summer with our current and future PHS oilers!

Monday, June 5th – Friday, July 21st (25 workouts)

PHS Football Session 1 – 9th - 12th 8:00 am to 10:00 am

**Weekly: Monday – Tuesday – Wednesday – Thursday – Two Fridays: July 7th/July 21st
No SAC Camp – July 4th, July 5th, July 17th and July 18th**

Registration and Payment Information

Please scan the QR Code below to register and pay for PHS SAC Camp:



The camp payment is \$155.00

****Download the SportsYou app and enter access code Z698-LPGP for PHS SAC Camp reminders****

Must have a current Pearland ISD physical form on file. Physicals from the 2022-2023 school year count.