

PJH East Strength & Conditioning Camp 2021

<https://pearlandisd.revtrak.net/>

Important Information for S&C Camp 2021:

East Coaching Staff

Mike Cleland: Campus Coordinator/
8A Football/8A Basketball/Tennis

Shann Riley: 8A Football/8th Boys Head Track

Steve Akire: 7A Football/7B Basketball

Kevin Timmons: 7A Football/7th grade Track

Shane Dines: 8B Football/Head Girls Track

Steven Turner: 7B Football/8B Basketball

Jermaine Clark 7A Basketball



PJH East Roughneck Success:

- 2016 Bay Area League Girls 7A & 7B Volleyball Champions
- 2016 Bay Area League Boys 7B Football Champions
- 2016 Bay Area League Girls Cross Country District Champs
- 2017 Bay Area League 8A Boys Basketball Champions
- 2017 Bay Area League 8A, 8B, & 7B Football Champions
- 2017 Bay Area League 8A & 8B Volleyball Champions
- 2017 Bay Area League 7th Boys Cross Country District Champs
- 2017 Bay Area League 8th Girls Cross Country District Champs
- 2018 Bay Area League 8B Football Champions
- 2019 Bay Area League 8B Football Champions
- 2019 Bay Area League 7th Boys Cross Country District Champs
- 2019 Bay Area League 7th Girls Cross Country District Champs
- 2020 Bay Area League 7B Basketball Champions
- 2020 Bay Area League 7A, 7B, & 8B Football Champions

CAMP DIRECTOR: MIKE CLELAND
PEARLAND JR. HIGH EAST
2325 OLD ALBANY RD
PHONE: 281-495-0483
EMAIL: clelandm@pearlandisd.net
www.pearlandisd.net

Pearland Jr. High East Boys & Girls Summer Strength Camp



Boys & Girls Strength and Conditioning Camp 2021



OPEN TO ALL INCOMING 7th & 8th GRADERS
JUNE 7th THRU JULY 8th

Pearland Jr. High East Boys & Girls Summer Strength Camp

THE PEARLAND EAST COACHING STAFF INVITES ALL PARTICIPANTS IN PEARLAND EAST ATHLETICS TO ATTEND THE ANNUAL STRENGTH AND CONDITIONING CAMP. THERE WILL BE TWO SESSIONS: SESSION I 8-10AM AND SESSION II 10-12PM. INCOMING 8TH GRADE BOYS ARE ENCOURAGED TO ATTEND THE 8AM SESSION AND ALL INCOMING 7TH GRADE BOYS ARE ENCOURAGED TO ATTEND THE 10AM SESSION. ALL LADY ROUGHNECKS ARE ENCOURAGED TO ATTEND SESSION II.

- EXTENSIVE INDIVIDUAL STRENGTH TRAINING
- SPEED AND CONDITIONING WORKOUTS
- CAMP SHIRT INCLUDED

TYPICAL CAMP DAY

- 8:00/10:00 STRETCH/WARM-UP
- 8:15/10:15 CONDITIONING
- 9:05/11:05 BREAK
- 9:15/11:15 WEIGHTS
- 10:00/12:00 END OF WORKOUT

What to Bring: Masks, Shorts, T-shirts, tennis shoes, cleats, water bottle, sunscreen, medications.

PEARLAND JR. HIGH EAST SUMMER STRENGTH AND CONDITIONING

WHO: PJH EAST COACHING STAFF
WHEN: JUNE 7TH THRU JULY 8TH
SESSION I: 8:00-10:00AM
SESSION II: 10:00-12:00PM
**Alternative Scheduling to smaller groups may apply.*

MONDAY-THURSDAY

WHERE: PEARLAND JR. HIGH EAST
COST: \$100 PRE-REGISTER ON SKYWARD (before May 21st)
\$120 AFTER FRIDAY, MAY 21ST

REGISTRATION INFORMATION

PRE-REGISTRATION DEADLINE:

FRIDAY May 21st, 2020

MIDNIGHT

ONLINE PAYMENTS:

<https://pearlandisd.revtrak.net/>

WALK-UP REGISTRATION ACCEPTED

MONDAY, JUNE 7th- THURSDAY, JULY 8th

Cost: \$120

Boys & Girls EAST STRENGTH CAMP DETACH AND MAIL WITH REGISTRATION

NAME: _____

ADDRESS: _____

HOME PHONE: _____

CELL PHONE: _____

EMERGENCY PHONE: _____

EMAIL: _____

ADULT SHIRT SIZE: _____

GRADE ENTERING 2020: _____

SPORT: _____

PLEASE CHECK ONE:

SESSION I: (8-10AM) (8th Boys only) _____

SESSION II: (10-12PM) (everyone else) _____

Waiver of claims: I, as parent or guardian, hereby give permission for my child to participate in the summer strength camp. I acknowledge that he/she is physically able to participate in activities. I hereby authorize the directors to act for me in their best judgment in a medical emergency. I acknowledge that I will be responsible for any cost through family medical insurance or otherwise incurred due to injury or sickness to my child. I hereby waive any claims I might have against the camp, directors, or the institution providing the facilities. This athletic camp follows guidelines set forth by Pearland ISD and the UIL.

Parent/Guardian Signature: _____

What to Bring: Masks, Shorts, T-shirts, tennis shoes, cleats, water bottle, sunscreen, medications.

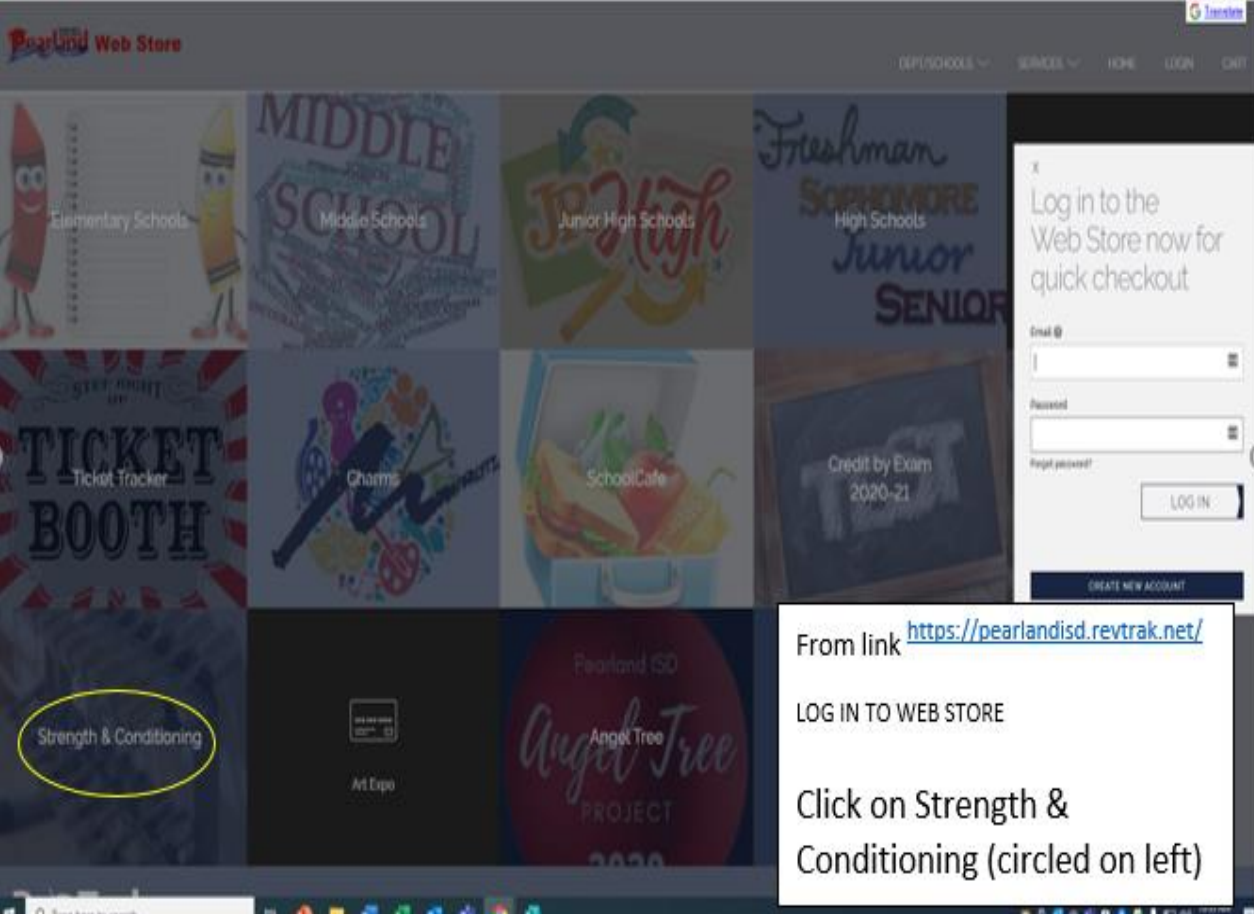
*All information is still tentative due to COVID-19

*Date: Monday, June 7th to Thursday, June 8th

Cost: \$100 Sign-Up:

<https://pearlandisd.revtrak.net/>

Bigger link above



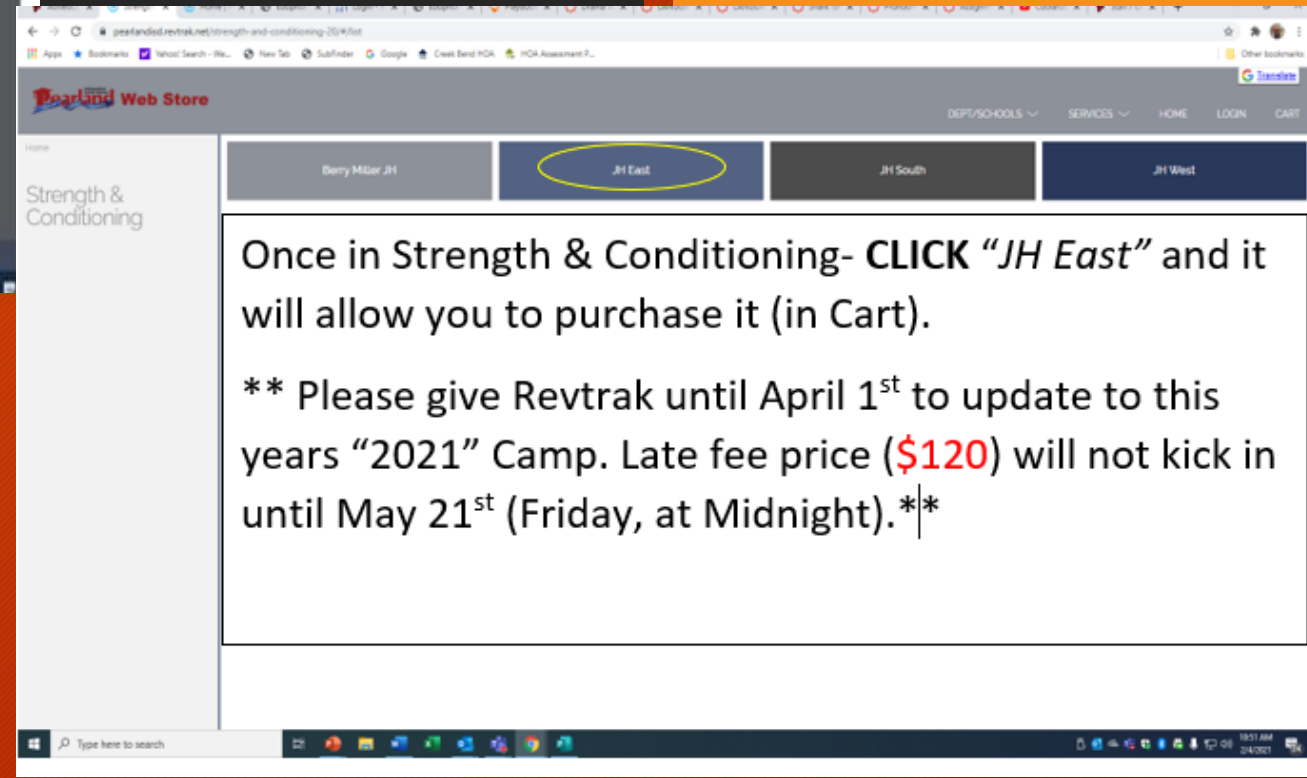
From link <https://pearlandisd.revtrak.net/>

LOG IN TO WEB STORE

Click on Strength & Conditioning (circled on left)

Strength & Conditioning Camp is for Boys and Girls. Due to unknowns of COVID-19 Please Check back in Web Store in April to start signing up.
Thanks,

PJH East Coaching Staff



Once in Strength & Conditioning- **CLICK "JH East"** and it will allow you to purchase it (in Cart).

**** Please give Revtrak until April 1st to update to this years "2021" Camp. Late fee price (\$120) will not kick in until May 21st (Friday, at Midnight).****

Boys Athletics Coordinator
Coach Cleland
clelandm@pearlandisd.org