



PEARLAND SWATT CAMP



LADY OILERS

SPEED, WEIGHTLIFTING, AGILITY, TEAM TRAINING CAMP

**DATE: TUESDAY JUNE 4TH - THURSDAY JULY 18TH
TUESDAYS, WEDNESDAYS, & THURSDAYS**

TIME: 8:00-10:00 AM; SPORT SPECIFIC TRAINING: 10:00-11:00

INCOMING 9TH THRU 12TH GRADERS

What to Expect: Our female athletes will be put through a 2-hour strength and conditioning session three times a week with break out segments to build and improve the whole athlete, followed by a one-hour sport specific training session run by their respective coaches. Note: Sports specific training is dependent on coach availability.

Segments include but are not limited to:

- Strength (30 min)
- Agility (30 min)
- Conditioning (30 min)
- Sport Specific (1 hour) - Training with high school coaches in specific sport

THIS ATHLETIC CAMP FOLLOWS GUIDELINES SET FORTH BY PEARLAND ISD AND THE UIL

PRICE: \$125

All registration will be on GoFan, our District ticketing platform, we will NOT be accepting check or cash. Participants will sign their participant up through the GoFan site.

Questions? coxe@pearlandisd.org

ONLINE REGISTRATION QR CODE

