



DAWSON EAGLES

STRENGTH AND SPEED CAMP

THE DAWSON EAGLE COACHING STAFF WOULD LIKE TO INVITE ALL STUDENT-ATHLETES WHO WILL BE ATTENDING DAWSON HIGH SCHOOL TO THIS YEAR'S STRENGTH AND SPEED CAMP.

WHO: Incoming 9th—12th grade athletes that will be attending Dawson High School.

WHERE: Dawson High School weight room and practice fields.

COST: \$165 - Payment can be made through GoFan, scan the QR code to register your student(s).

DATE(S): (Monday—Friday)



Dates	Freshmen	Upperclassmen
May 23 - June 7	no camp	no camp
June 10 - 14	7:00am - 9:00am	8:00am - 10:00am
June 17 - 21	7:00am - 9:00am	8:00am - 10:00am
June 24 - 28	7:00am - 9:00am	8:00am - 10:00am
July 1 - 5	no camp	no camp
July 8 - 12	7:00am - 10:00am	8:00am - 11:00am
July 15 - 19	7:00am - 10:00am	8:00am - 11:00am
July 22 - 26	no camp	no camp
July 29 - Aug 2	7:00am - 10:00am	8:00am - 11:00am

June 10—28: We will have an hour of weight room and an hour of speed and agility training.

July 8– Aug 2: We are adding an hour of football specific training (practice) to camp. This will allow us to get a head start on the season.

REQUIREMENTS:

Athletes need to have their athletic physical completed on the PISD form, and on file with the Dawson Athletic Training Staff.

Athletes will need to wear shorts and a t-shirt. They will need “flats” or shoes to work out in, and cleats for the outside stations and football practice. (Crocs/Slides are not acceptable workout shoes)

We will have water, but athletes are able to bring their own bottles.

GENERAL INFO:

This camp will follow all UIL, PISD, and TEA guidelines. We will do our best to keep the dates and times as scheduled. Athletes need to attend camp to prepare for the upcoming season. We have scheduled weeks off throughout the summer to allow for recovery and family vacations. During those weeks off, athletes will have the opportunity to use the weight room at scheduled times.

Family