

## ABOUT THE CAMP

- **Price:** \$115 – Online Registration  
\$135– Walk-up/Late Registration
- **Days:** Mon.—Thurs. (Week 1– Tues.- Fri.)
- **When:** **May 28, 2024 - June 27, 2024**
  - ◇ **8th Grade: 8:00 AM – 10:00 AM**
  - ◇ **7th Grade: 9:00 AM – 11:00 AM**
- **Open to all incoming 7th & 8th graders**
- **Location:** Pearland Jr. High South (4719 Bailey Rd, Pearland, TX, 77584)

## REGISTRATION INFORMATION

**YOU MUST HAVE A CURRENT PHYSICAL ON FILE IN ORDER TO PARTICIPATE IN THE CAMP— DATED AFTER APRIL 1, 2024.**

**YOU MUST REGISTER ONLINE— THERE WILL BE NO CASH/CHECK PAYMENTS ACCEPTED.**

### SportsYou App

This App is for us to communicate with the parents about information & changes. We need at least one Parent per Player signed up for this App. Scan QR code below to sign up or enter the SportsYou Code.

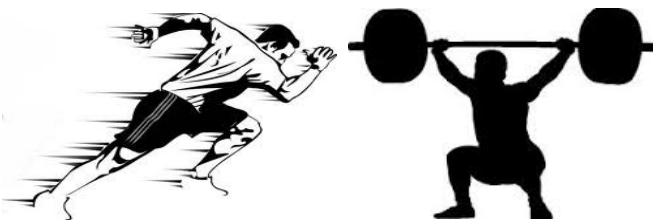
SportsYou Code:

**9LX25CW4**



## BENEFITS OF THE CAMP

Members of the PJHS coaching staff will develop a sport specific training regimen that will emphasize the fundamentals and proper technique associated with strength and conditioning. All athletes will receive instruction in the areas of Olympic weight lifting, general strength training, speed development, plyometric training, flexibility and nutrition.



## CAMPER REQUIREMENTS

- In addition to wearing clothes and shoes to workout in, we encourage all student-athletes to label and bring the following:
  - ◇ Towel
  - ◇ Water (1 Gallon size)
  - ◇ Post-Workout Snack (as important as breakfast)
  - ◇ Sun Block/Screen

Camp Director: Coach Whittaker  
[whittakerj@pearlandisd.org](mailto:whittakerj@pearlandisd.org)



## Pay & Register with the QR Code below:

*EARLY REGISTRATION (ONLINE) WILL END ON MAY 17, 2024.*



## FAQ

- **Do you offer a pro-rated amount?**  
We do not offer a pro-rated amount.
- **Will you start off lifting heavy weights?** No. All athletes will begin with a progression that will start with either body weight and/ or light weight. We will not sacrifice technique for more weight.
- **Is it ok that we miss a day or week due to vacation, tournament play, etc.?**  
Yes, it is ok to miss a few days of camp due to other obligations.