



Clear Falls Knights

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2024 SWAT (Speed, Weights, and Agility Training) Registration Form

Days:

Monday through Thursday, June 10th through June 27th

Monday through Thursday, July 15th through August 1st

*No SWAT the week of July 1st and July 8th

Times:

Girls 7:00 AM -9:00 AM. Boys 8:00 AM-10:00 AM

*Sport specific skill work will take place before or after SWAT based on program head coaches determination.

Location:

Clear Falls High School track/field, weight room, and gyms.

Remind 101 Text Updates:

7th-8th Grade Boys: Text @20247th8t to 81010

9th Grade Boys: Text @2h88gg8 to 81010

10th-12th Grade Boys: Text @202410th to 81010

7th-12th Grade Girls: Text @48f4kh to 81010

Used for updates regarding potential changes to the SWAT schedule throughout the Summer.

Student Cost:

\$100

- Available to all student/athletes entering the 7th through 12th grade zoned to CFHS.
- All participants must have a physical on file with the CFHS training staff. Physicals for the 2023-24 school year on file with the CFHS training staff or Intermediate school coaching staff are acceptable.

Register and pay online at:

<https://ccisd.store.rankone.com/Camp/List>

Questions please email Coach Ward at jward@ccisd.net