



BULLARD SUMMER SAC CAMP 2024

7th THROUGH 12th GRADE ATHLETES



7 Week Program

- Week 1: June 3-6
- Week 2: June 10-13
- Week 3: June 17-20
- Week 4: June 24-27
- CLOSED JULY 4th WEEK
- Week 5: July 8-11
- Week 6: July 15-18
- Week 7: July 22-25

Time

7:30 am - 9:15 am

The High School and Jr. High Sessions will begin at the same time.

- Jr High will begin with speed/agility and finish with weight training.
- High School will begin with weight training and finish with speed/agility.

THE COST FOR THIS CAMP IS \$25

During the 7 weeks of SAC the weightroom will also be open Mon-Thur 5:00-6:00 pm for former athletes/alumni and anyone that has missed the AM session (instruction/coaching will not be available in the PM)

Athlete Name: _____

Sports: _____

Fall 2024 Grade: _____

Parent Name: _____

Contact Number: _____

Email: _____

Send Registration To:

Bullard Athletics
Attn: Coach Bradford
1426 South Houston Street
Bullard , Texas 75757

*** You may also drop off registration to**

Mrs. Smith at the Fieldhouse front office

*** Please use the QR code to pay online**



Bullard SAC Camp will be run by Bullard ISD Coaches. It will focus on:

Power & Strength: athletes will engage in weight training to increase explosive power and strength under the supervision of coaches demanding proper technique and safety.

Speed & Agility: athletes will perform exercises and drills with an emphasis on acceleration, change of direction and maximum speed.

Flexibility & Mobility: athletes will increase muscle flexibility and mobility through proper mechanics and exercises designed to increase full range of motion.

Injury Prevention: athletes will use increased flexibility, mobility, core strength and proper mechanics to reduce the likelihood of future injuries.

Disclaimer: I will not hold Bullard ISD or any camp staff liable for any damages, losses, or injury, which might result from my child's participation in the camp; I hereby grant permission for the camp staff to secure medical services for my child if necessary.

PARENT SIGNATURE: _____