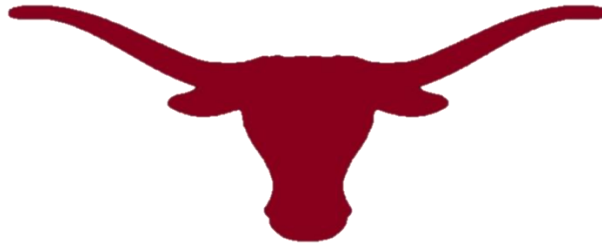


# Agua Dulce Athletics

## Summer Strength and Conditioning



**Who:** Incoming 7<sup>th</sup> grade – 12<sup>th</sup> grade boys and girls

**Price:** Free to student athletes enrolled in Agua Dulce ISD

**Location:** Bud Bailey Stadium/ HS Main Gym

**Dates:** June 10 – July 25 (Monday – Thursday) (We will be shut down the week of July 4<sup>th</sup>, 2024)

**Time:** 9 am - 11:30am

\* Boys: SAC from 9am – 10:15am / Sport Specific from 10:30am – 11:30am

\* Girls: Sport Specific from 9am-10am/ SAC from 10:15am – 11:30am

**Camp Workouts:** Workouts will include strength, speed and agility. Proper technique and form will be emphasized with lifting and running. Water will be provided. Feel free to bring your own water bottles. A water refill station will also be available to all campers.

**Camp Gear:** Workout clothes, athletic shoes for the weight room, cleats (boys) for the field workouts and athletic shoes for the gym.

**Breakfast and Lunch:** ADISD will provide free breakfast and lunch from June 5 – June 29. Breakfast is from 7:30am-9am & Lunch is from 11:30am – 12:30pm.

**Camp Director:** Agua Dulce Director – Coach Jason Calvez

**Camp Trainers:** Agua Dulce High School and Junior High Coaching Staff

**Direct questions to:** [jcalvez@adisd.net](mailto:jcalvez@adisd.net) or 361-998-2542 X 214

# Agua Dulce Athletics

## Summer Schedule 2024



June 10 <sup>th</sup> – June 13 <sup>th</sup>	1 <sup>st</sup> week of SAC & Sport Specific: 9am – 11:30am
June 17 <sup>th</sup> – June 20 <sup>th</sup>	2 <sup>nd</sup> week of SAC & Sport Specific: 9am – 11:30am
June 24 <sup>th</sup> – June 27 <sup>th</sup>	3 <sup>rd</sup> week of SAC & Sport Specific: 9am – 11:30am
July 8 <sup>th</sup> – July 11 <sup>th</sup>	4 <sup>th</sup> week of SAC & Sport Specific: 9am – 11:30am
July 15 <sup>th</sup> – July 18 <sup>th</sup>	5 <sup>th</sup> week of SAC & Sport Specific: 9am – 11:30am
July 22 <sup>nd</sup> – July 25 <sup>th</sup>	6 <sup>th</sup> week of SAC & Sport Specific: 9am – 11:30am