



# PEARLAND SWATT CAMP



*LADY OILERS*

*SPEED, WEIGHTLIFTING, AGILITY, TEAM TRAINING CAMP*

**DATE: TUESDAY JUNE 3RD - THURSDAY JULY 17TH**

**TUESDAYS, WEDNESDAYS, & THURSDAYS**

**NO CAMP DURING THE WEEK OF JULY 4TH**

**TIME: 8:00-10:00 AM; SPORT SPECIFIC TRAINING: 10:00-11:00**  
**IF YOU HAVE HEARD FROM THE COACH OF THAT SPORT**

**INCOMING 9TH THRU 12TH GRADERS**

**What to Expect:** Our female athletes will be put through a 2-hour strength and conditioning session three times a week with break out segments to build and improve the whole athlete, followed by a one-hour sport specific training session run by their respective coaches. **Note: Sports specific training is dependent on coach availability.**

Segments include but are not limited to:

- Strength (30 min)
- Agility (30 min)
- Conditioning (30 min)
- Sport Specific (1 hour) - Training with high school coaches in specific sport

**PRICE: \$125**

All registration will be on GoFan, our District ticketing platform, we will NOT be accepting check or cash. Participants will sign their participant up through the GoFan site.

**Questions?** [coxe@pearlandisd.org](mailto:coxe@pearlandisd.org)

**ONLINE REGISTRATION QR CODE**

