



**MORTON  
RANCH**

**2026**



# **STRENGTH & CONDITIONING CAMP**

**WEEK 1**

**JUNE 1-4**

**WEEK 2**

**JUNE 8-11**

**WEEK 3**

**JUNE 15-18**

**WEEK 4**

**JUNE 22-25**

**WEEK 5**

**JULY 6-9**

**WEEK 6**

**JULY 13-16**

**WEEK 7**

**JULY 20-23**

**SESSION I: 7AM- 9AM**

**HS BOYS-CONTACTED SPORT (10-12<sup>TH</sup>)**

**SESSION II: 8AM-10AM**

**GIRLS, ALL SPORTS (7-12<sup>TH</sup>)**

**SESSION III: 9AM-11AM**

**HS BOYS- NON-CONTACTED SPORT (10-12<sup>TH</sup>)  
& 9<sup>TH</sup> GRADE BOYS**

**SESSION IV: 10AM-12PM**

**JH BOYS- ALL SPORTS (7-8<sup>TH</sup>)**



**← SCAN ME**

**ONLINE PAYMENTS ONLY**

**QUESTIONS?**

**PLEASE EMAIL OR CALL MS. NADIA  
NADIAAVARGASROCHA@KATYISD.ORG  
281-237-7920**

**\*MUST BE ZONED TO MRHS  
\*MUST HAVE PHYSICAL ON FILE**