



Clear Falls Knights

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2026 SWAT (Speed, Weights, and Agility Training) Registration Form

Days: **** (SWAT is an attend as you can camp) ****

Monday through Thursday, June 8th through June 25th

Monday through Thursday, July 13th through July 30th

***No SWAT on Monday, July 20th**

***Special SWAT session on July 24th in place of the July 20th session.**

***No SWAT the week of June 29th and July 6th**

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 rooms, and gyms.

Remind 101 Text Updates:

7th-8th Grade Boys: Text @h3d86b2 to 81010

9th Grade Boys: Text @9c2k6g to 81010

10th-12th Grade Boys: Text @c7677d to 81010

7th-12th Grade Girls: Text @g936g7 to 81010

Used for updates regarding potential changes to the SWAT schedule.

Student Cost: \$100

- All students entering the 7th through 12th grade zoned to CFHS.
- All participants must have a physical on file. Physicals already on file for the 2025-26 school year with the CFHS training staff or Intermediate school coaching staff are acceptable.

***All participants must bring their own large water jug each day.**

Register and pay online at: <https://ccisd.store.rankone.com/Camp/List>



Questions: please email Coach Mata at MMata@ccisd.net

