



Clear Lake High School

BOYS S.W.A.T. CAMP

(SPEED WEIGHTS AND AGILITY TRAINING)

Contact information: Jason Ward Office: 281.284.1961 E-mail: jward@ccisd.net

Who: SWAT Camp is available to all 7th – 12th graders zoned to Clear Lake High School. Athletes must have a current physical and completed all online forms in Rank One.

Cost: \$115

Times: 7:15–8:00 All 7th – 12th Football Skills Work
8:00–10:00 All 7th – 12th Athletes all Sports

SWAT Camp is the summer training program for all Clear Lake athletes. Camp sessions include strength training, speed development, agility training and cardiovascular conditioning. Athletes will also receive sports-specific training. Contact the Head of coach of each sport for details.

DATES

Week 1: 6/1 – 6/4

Week 5: 7/13 – 7/16

Week 2: 6/8 – 6/11

Week 6: 7/22 – 7/24

Week 3: 6/15 – 6/18

Week 7: 7/27 – 7/30

Week 4: 6/22 – 6/25

June 26 through July 12 all players off. Please schedule vacations during this time. July 20th & 21st SWAT camp will be closed for Coaching School.

August 3rd is the first day of practice for all football players.

What to bring:

- Full water jug
- Cleats
- Tennis shoes
- Loose fitting clothing



REGISTER NOW

