



BASTROP H.S. SUMMER 2026

STRENGTH AND CONDITIONING / PROGRAMMING



HIGH SCHOOL - SUMMER STRENGTH AND CONDITIONING - ALL BASTROP ATHLETES - INCOMING 9th-12th

GOAL

The summer S&C is an 8 week training program designed to improve the overall strength, speed, and conditioning levels of each athlete; every age level is fundamentally prepared for their individual sport. Research indicates that a technically sound strength and conditioning program will significantly decrease the risk of injury. The program will also develop confidence both physically and mentally for every athlete who regularly attends the program.

DATES

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	ATHLETES OFF	WEEK 6	WEEK 7	WEEK 8
JUNE 1-4	JUNE 8-11	JUNE 15-18	JUNE 22-25	JUNE 29-JULY 2	JULY 6-9	JULY 13-16	JULY 20-23	JULY 27-30

SESSION 1	SESSION 2	SESSION 3	SESSION 4	Cost: \$100
6:20-7:15	7:30-8:40	8:45-9:45	10:00-11:00	
B/G Tennis, M Soccer, Cheer, B/G Track	10th - 12th Football	Volleyball, G Soccer, Softball, G Basketball	B Basketball, Baseball, Incoming 9th Football	LOCATION: HS Fieldhouse Questions: jgriedl@bisdtx.org

** sport specific lifting days subject to change based on head coach/strength coach discretion

BHS FOOTBALL CAMP	BHS BASEBALL CAMP	BHS BOYS BASKETBALL CAMP
SESSION 1 : JUNE 8-10 (1ST-4TH GRADE) TIME : 6:00-7:30 PM LOCATION: ERHARD STADIUM SESSION 2 : JULY 27-29 (5TH GRADE-9TH GRADE) TIME : 6:30-8:00 PM LOCATION: ERHARD STADIUM Cost: \$50 / camper Questions: rmoreno2@bisdtx.org 	JUNE 1-4 INCOMING 3rd - 5th Grade : 9 am - 11 am INCOMING 6th - 9th Grade : 11:30 am - 1:30 pm LOCATION: BASTROP BASEBALL PARK Cost: \$50 / camper Questions: dcarrillo@bisdtx.org 	JUNE 15-17 INCOMING 2nd - 5th Grade 9:00 am - 11:00 am INCOMING 6th - 9th Grade 12:00 pm - 2:00 pm LOCATION: WEST CAMPUS GYM Cost: \$50 / camper Questions: dhobbs@bisdtx.org 
LADY BEAR SOFTBALL CAMP	LADY BEAR BASKETBALL CAMP	LADY BEAR VOLLEYBALL CAMP
MAY 26-29 INCOMING 5th - 8th Grade TIME: 9:00 am - 11:00 am LOCATION : BHS SOFTBALL FIELD *Must have own softball glove, refillable water bottle, and sunscreen Join Sports You app. Code: BU22-JEDX Cost: \$50 / camper Questions: tmorgan@bisdtx.org 	JUNE 1-3 INCOMING 3rd - 9th Grade Grade 3rd-5th - TIME: 9:00 am - 10:30 am Grade 6th-9th - TIME: 10:30 am-12:00 pm LOCATION : WEST CAMPUS GYM Cost: \$50 / camper Questions: lroberson@bisdtx.org 	May 26-28 INCOMING 9th : 10am-12pm INCOMING 7th-8th : 12:30-2:30pm INCOMING 3rd-6th : 3pm-5pm LOCATION: RIVERSIDE MIDDLE SCHOOL Cost: \$50 / camper Questions: brandaceboren@gmail.com 
BOYS AND GIRLS GOLF CAMP	BOYS AND GIRLS SOCCER CAMP	BOYS AND GIRLS TENNIS CAMP
MAY 26-28 INCOMING : 5th-9th Grade TIME: 5:30 pm-7:30 pm LOCATION: COLOVISTA DRIVING RANGE Cost: \$75 / camper Questions: rwatley@bisdtx.org 	JUNE 8-10 INCOMING : 3rd-9th Grade TIME: 8am-10am LOCATION: BHS SOCCER FIELD Cost: \$50 / camper Questions: gvuagniaux@bisdtx.org 	BEGINNER CAMP : JULY 13-16 INCOMING: K - 2nd Grade 8 am - 9 am INTERMEDIATE CAMP : JULY 27-30 INCOMING: 3rd-9th Grade 9 am - 10:30 am *MUST have own tennis racquet and water bottle Cost: \$50 / camper Questions: ntafacory@bisdtx.org 
BHS CHEER CAMP	REGISTRATION LINK & QR CODE BELOW	
JULY 8-10 INCOMING : 1st-6th Grade TIME: 9 AM - 11 AM LOCATION: WEST CAMPUS GYM Cost: \$50 / camper Questions: fmontoya@bisdtx.org 	 https://bastrop.revtrak.net/rw-bisd-summer-athletic-camps/	

MIDDLE SCHOOL - SUMMER STRENGTH AND CONDITIONING - INCOMING 7th and 8th graders (BMS & RMS)

DATES

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	Athletes Off	WEEK 6	WEEK 7	WEEK 8
JUNE 1-4	JUNE 8-11	JUNE 15-18	JUNE 22-25	JUNE 29-JULY 2	JULY 6-9	JULY 13-16	JULY 22-23	JULY 27-30

SESSION	LOCATION	Cost: \$80
8am - 10am ALL INCOMING 7TH/8TH ATHLETES	ALL SUMMER PROGRAMMING AT RIVERSIDE WEIGHTROOM / GYM	Questions: pfigueroa@bisdtx.org