2026 KELLER INDIANS
STRENGTH & CONDITIONING

Dates: **June 1st– June 18th (Monday –Thursday) 3 Weeks**

July 6th-23rd (Monday-Thursday) 3 Weeks

*There will be **NO** workouts from June 19th - July 5th.

Location: K.I.S.D . Stadium / Field House @ Keller High School

Eligibility: 10th-12th grade (8:30am-9:30) 7th-9th grade boys and ALL Girls (10:00am-11:00)

Cost: $140.00

What To Bring: Cleats (optional), Sneakers, Water bottle, Shorts and T-Shirt.

Benefits: *Strength, Speed, and Quickness training .

*Improving overall athleticism.

*Age and ability specific training.

Make Checks Payable to: ***Keller ISD***

Mail to: Coach Carl Stralow
601 N. Pate Orr Rd.
Keller, TX 76248

Or online - www.kellerisd.net/store

DETACH AND SEND

Strength and Conditioning Camp

Name_____ **Grade Fall of 2026**_____

Street_____ City_____ Zip_____

School Attending in Fall of 2026_____ ☐ Male ☐ Female

Parent's Name_____ Work #_____ Cell #_____

Parent's Email _____

SPORT_____

PARENTAL CONSENT: The signature below gives my consent for the mentioned athlete to participate in the Keller High School Strength and Conditioning Camp. It is understood that even though preventive measures are taken, the possibility of an accident still remains. The Keller Independent School District and the Keller High School coaching staff, or any other camp clinicians assumes no responsibility should and accident occur.

PARENT SIGNATURE: _____