

CAMP FOCUS

Power and Strength

Participants will engage in a weight program designed to increase explosive power and strength through the use of ground-based, multiple joint weight exercises, plyometrics, and agility drills.

Speed, Agility, Coordination

Activities and exercises will be utilized with an emphasis on proper technique so that permanent, positive changes in acceleration, change of direction, and top speed running will be realized.

Flexibility and Mobility

Emphasis will be given to increasing participant flexibility and mobility by teaching proper mechanics and utilizing specific exercises designed towards increasing the athletes full range of motion.



Willie Amendola—
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2011 Wildcat Speed, Strength & Conditioning Camp



Speed
Strength
Agility

June 13th -July 28th
DEKANEY HIGH SCHOOL
ATHLETIC FACILITIES

22351 Imperial Valley Drive
Houston, Texas 77073

Name: _____ Sex: Circle Male or Female Grade for 2011-2012: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Parents Work Phone: _____

Emergency Contact: _____ Emergency Phone: _____

Waiver Release: I hereby authorize the directors of Dekaney High School Summer Conditioning Camp to act for me in accordance with their judgment in any emergency requiring medical attention. I further waive and release Dekaney High school staff and Spring Independent School District from liability for any damages from injuries and/or illness sustained at the Dekaney Summer Conditioning Camp. I know of no medical condition which might affect my child's ability to safely participate in the camp. I recognize the assumption of risk associated with the participation in this camp.

Parent Signature: _____ Date: _____ Student Signature: _____

Tear the application off and bring it on the first day of camp or mail to Dekaney High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 13- 8:00am-10:00am	June 14- 8:00am-10:00am	June 15- 8:00am-10:00am	June 16- 8:00am-10:00am	OFF
June 20-8:00am-10:00am	June 21-8:00am-10:00am	June 22-8:00am-10:00am	June 23-8:00am-10:00am	OFF
June 27-8:00am-10:00am	June 28-8:00am-10:00am	June 29-8:00am-10:00am	June 30-8:00am-10:00am	OFF
July 11- 8:00am-10:00am	July 12- 8:00am-10:00am	July 13- 8:00am-10:00am	July 14- 8:00am-10:00am	OFF
July 18- 8:00am-10:00am	July 19- 8:00am-10:00am	July 20- 8:00am-10:00am	July 21- 8:00am-10:00am	OFF
July 25- 8:00am-10:00am	July 26- 8:00am-10:00am	July 27- 8:00am-10:00am	July 28- 8:00am-10:00am	OFF

Summer Strength and Conditioning Camp will be held at Dekaney High School Athletic Complex.

Dates: June 13th-July 28th.

Time: 8:00 am to 10:00am

Needed Supplies:

Shorts

Workout Shirt

2 pairs of shoes-Cleats & regular tennis shoes

Towel

Price:

\$40.00 /Student

(Cash only)

