

HIGHLANDER BASKETBALL

2022 Summer Strength

&

Conditioning/Skills Camp

This camp is open to athletes in The Woodlands HS feeder zone (McCullough, TWHS 9, and TWHS) who are looking to improve their strength, speed, and conditioning. The camp is taught by coaches from TWHS. Each session will include 90 minutes of strength training/conditioning and 30 minutes of sport specific skills at The Woodlands HS.

Camp will run June 6 – June 30 and July 11 – July 21.

Mondays and Thursdays Times: 10:00am-12:00pm

THIS WEEK ONLY (June 6-9) WE GO 10am-12pm

Tuesdays and Wednesdays Times: 11:30am – 1:30pm.

Each session will be run Monday-Thursday.

NO camp on Fridays or July 1 – July 10.

The cost of camp is \$100

##ALL CAMP PARTICIPANTS MUST HAVE A 2022-2023 PHYSICAL##

REGISTRATION LINK: <https://conroeisd.schoolcashonline.com/Fee/Details/33435/195/False/True>

Any questions? Please e-mail Kyle Jones at kbjones@conroeisd.net