

HIGHLANDER BASKETBALL

2023 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 5 – June 29

Camp Times: 9:00am-11:00am

**June 13th, 14th, 20th, and 21st Times: 11:00am-1:00pm

Each session will be run Monday-Thursday.

The cost of camp is \$100

##ALL CAMP PARTICIPANTS MUST HAVE A 2023-2024 PHYSICAL##

REGISTRATION LINK: <https://conroeisd.schoolcashonline.com/Fee/Details/41467/195/False/True>

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