



# Girls-Clear Lake HS Speed Weight and Agility Training

**Camp Start Date:** June 3, 2025

**Start Time:** 12:00:00 AM

**Camp End Date:** July 24, 2025

**End Time:** 12:00:00 AM

**Date Details:** Camp will be Tuesday, Wednesday and Thursday each week. There will be a two-week break June 30th-July 7th

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**Venue Name:** CLHS Football Field

**Venue Address:** 2929 Bay Area Blvd., Houston, TX 77062

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**Camp Cost:** \$75.00

**Questions:** Lisa Killingsworth [lkillingworth@ccisd.net](mailto:lkillingworth@ccisd.net) (281) 284 - 1960

**Special Notes:**

Please Bring a Large Water container FULL of water for you to use the entire workout. DATES: June 3rd, 4th, 5th June 24th, 25th, 26th June 10th, 11th, 12th July 15th, 16th, 17th June 17th, 18th, 19th July 22th, 23th, 24th No SWAT the week of June 30th and July 7th SCHEDULE: 9th -12th Grade 7:30 -9:00 am 7th & 8th Grade 9am to 10am

**Medical Info:**

Must have physical on file with Clear Lake HS trainers. Physical must be dated after April 1, 2025