Clear Lake High School

Strength and Conditioning (C)



## **Boys-Speed Weights and Agility Training**

Session One 7:15-10:00 All 9th - 12th Football Session Two 9:00-11:00 7th-8th & Non-FB HS Boys

Camp Start Date: June 2, 2025 Start Time: 7:15:00 AM

**Camp End Date:** July 31, 2025 **End Time:** 10:00:00 AM

Date Details: Off June 27th - July 7th

Venue Name: CLHS Football Field

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

Camp Cost: \$100.00

Questions: Jason Ward jward@ccisd.net (281) 284 - 1961

**Special Notes:** 

Refillable water jug, cleats, tennis shoes, loose fitting clothing

Medical Info:

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