

Santa Fe Athletics

MESSAGE FROM COACH KANIPES

THE STRENGTH AND CONDITIONING CAMP IS A VITAL PART OF SUCCESS TO INDIAN ATHLETICS. IF YOU ARE PLANNING ON PLAYING ANY SPORT AT THE HIGH SCHOOL YOU NEED TO COME TO THE SUMMER CAMP. YOU WILL CONTINUE TO GAIN STRENGTH AND SPEED

WHEN MOST PEOPLE ARE SITTING AT HOME DURING THE SUMMER MONTHS. WE ENCOURAGE ALL ATHLETES TO SIGN-UP AND PUT FORTH THE EFFORT TO BECOME BETTER BOTH PHYSICALLY AND MENTALLY. THIS CAMP WILL GIVE YOU A HEAD START WHEN STARTING SCHOOL OFF NEXT YEAR. WE LOOK FORWARD TO SEEING YOU THIS SUMMER.

-COACH KANIPES

CALENDAR

JUNE				
11 Workout 1	12 Workout 2	13 Workout 3	14 Workout 4	15 No Workout
18 Workout 5	19 Workout 6	20 Workout 7	21 Workout 8	22 No Workout
25 Workout 9	26 Workout 10	27 Workout 11	28 Workout 12	29 No Workout
JULY				
2 No Workout	3 No Workout	4 No Workout	5 No Workout	6 No Workout
9 Workout 13	10 Workout 14	11 Workout 15	12 Workout 16	13 No Workout
16 Workout 17	17 Workout 18	18 Workout 19	19 Workout 20 (last workout)	20 No workout

Session I 7-9am Session II 9-11am

10-12th Grade Boys Incoming 9th Boys and all
H.S. Girls

Jr High Session 8-10am

All Incoming 7th & 8th Grade Boys and Girls



**CAMP DIRECTOR: MARK KANIPES &
MATTHEW BENTLEY
SANTA FE HIGH SCHOOL
16000 HIGHWAY 6**

PHONE:-409-927-3148

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E-MAIL: MARK.KANIPES@SFISD.ORG OR
MATTHEW.BENTLEY@SFISD.ORG

Santa Fe Athletics



Conditioning Camp 2018

June 11—July 19

Session I—7-9am

Session II—9-11am

Mon.—Thurs.

Open to all incoming 7-12
grade boys and girls

Santa Fe Athletics Summer Conditioning Camp

THE SANTA FE COACHING STAFF INVITES ALL PARTICIPANTS IN SANTA FE HS ATHLETICS TO ATTEND THE ANNUAL STRENGTH AND CONDITIONING CAMP. THERE WILL BE THREE SESSIONS: 1 7-9AM, 9-11AM, AND 8-10AM. THE 10TH, 11TH, AND 12TH GRADE BOYS ARE ENCOURAGED TO ATTEND THE 7AM SESSION AND ALL INCOMING 9TH GRADE BOYS AND ALL HIGH SCHOOL GIRLS ARE ENCOURAGED TO ATTEND THE 10AM SESSION. THE JR HIGH SESSION WILL BE ALL INCOMING 7TH & 8TH GRADE BOYS & GIRLS, THIS SESSION WILL BE HELD AT THE JR. HIGH WEIGHT ROOM BEHIND THE JR. HIGH FOOTBALL FIELD.

*EXTENSIVE INDIVIDUAL STRENGTH TRAINING

*SPEED AND CONDITIONING WORKOUTS

*CAMP T-SHIRT INCLUDED

Typical Camp Day

7:00/9:00 *8:00 STRETCH/WARM-UP

7:15/9:15 *8:15 WEIGHTS

8:05/10:05 *9:05 BREAK

8:15/10:15 *9:15 CONDITIONING

9:00/11:00 *10:00 END OF WORKOUT

*(JR. HIGH SESSION)

Questions: Call or email Mark Kanipes / Matthew Bentley

Mark.kanipes@sfsd.org /
Matthew.bentley@sfsd.org

Phone:409-927-3148

SANTA FE SUMMER CONDITIONING

WHO: SANTA FE COACHING STAFF

WHEN: JUNE 11TH

SESSION I: 7:00-9:00AM

SESSION II: 9:00-11:00AM

JR. HIGH SESSION: 8:00-10:00AM

WHERE: SANTA FE HIGH SCHOOL

COST: \$50 PRE-REGISTRATION

\$60 FOR WALK-UPS

(CALL FOR SIBLINGS DISCOUNT)

WALK-UPS WILL BE ACCEPTED

PRE-REGISTRATION DEADLINE: THURSDAY JUNE 1, 2018

MAKE CHECKS PAYABLE TO
SANTA FE HIGH SCHOOL

MAIL TO: SANTA FE HIGH SCHOOL

Attention: MARK KANIPES

P.O. Box 370

SANTA FE, TX 77510



REGISTRATION INFORMATION

CONDITIONING CAMP

DETACH AND MAIL WITH REGISTRATION

NAME: _____

ADDRESS: _____

HOME PHONE: _____

CELL PHONE: _____

EMERGENCY PHONE: _____

EMAIL: _____

ADULT SHIRT SIZE: _____

GRADE ENTERING 2018-19: _____

SPORT: _____

PLEASE CHECK ONE

SESSION I:(7-9AM) _____

SESSION II:(9-11AM) _____

JR. HIGH SESSION(8-10AM) _____

Waiver of claims: I, as parent or guardian, hereby give permission for my child to participate in the summer strength camp. I acknowledge that he is physically able to participate in the activities. I hereby authorize the directors to act for me in their best judgment in a medical emergency. I acknowledge that I will be responsible for any cost through family medical insurance or otherwise, incurred due to injury or sickness to my son. I hereby waive any claims I might have against the camp, directors, or the institution providing the facilities. **This athletic camp/clinic follows guidelines set forth by SANTA FE ISD and the UIL**

Parent/Guardian Signature: _____

What to Bring: Shorts, T-shirts, tennis shoes, cleats, water bottle, sunscreen, medications