



2019 TOMBALL MEMORIAL WILDCATS SPEED & POWER CAMP



PARENTS & ATHLETES: The Tomball Memorial High School Athletic Staff is very excited about the opportunity to develop our athletes this summer. We offer each athlete weightlifting fundamentals, functional training to improve specific athletic skills and speed improvement. Each athlete is allowed to attend one, two-hour session per day Monday through Thursday. This program will be conducted at Tomball Memorial High School's Athletic Facility. **This program is for incoming 7th grade athletes through incoming 12th grade athletes. Participating students must have a TISD approved physical on file to attend Speed and Power Camp.**

PROGRAM FEATURES:	SPEED IMPROVEMENT AND AGILITY DRILLS	FUNCTIONAL WEIGHT TRAINING, DESIGNED TO HELP ATHLETES DEVELOP THE STRENGTH THEY NEED FOR THEIR SPECIFIC SPORT	WEIGHT LIFTING FUNDAMENTALS	EACH ATHLETE WILL RECEIVE AN INTENSE HANDS ON STRENGTH DEVELOPMENT PROGRAM	CREATING BIGGER, FASTER, AND STRONGER ATHLETES
DATES:	MONDAY JUNE 10TH - THURSDAY JULY 25TH	3 SESSIONS OFFERED DAILY	Session 1 7:00 - 9:00 AM = 10th - 12th Grade BOYS Session 2 8:00 - 10:00 AM = 7th-12th Grade GIRLS & 7th-9th Grade BOYS Session 3 5:00 - 7:00 PM = Any TMHS Athlete Entering: 7th - 12th Grades	IF NUMBERS IN A SPECIFIC SESSION ARE TOO SMALL, THEN IT MAY BE COMBINED WITH ANOTHER SESSION.	LOCATION: TMHS WEIGHT ROOM & ATHLETIC FACILITY

JUNE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	SPEED & POWER CAMP WEEK 1					
16	17	18	19	20	21	22
	SPEED & POWER CAMP WEEK 2					
23	24	25	26	27	28	29
	SPEED & POWER CAMP WEEK 3					
30						

JULY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	OFF FOR JULY 4TH - NO CAMP					
7	8	9	10	11	12	13
	SPEED & POWER CAMP WEEK 4	NO CAMP	NO CAMP	SPEED & POWER CAMP WEEK 4		
14	15	16	17	18	19	20
	SPEED & POWER CAMP WEEK 5					
21	22	23	24	25	26	27
	NO CAMP	NO CAMP	SPEED & POWER CAMP WEEK 6			
28	29	30	31			

COST: Camp tuition is \$105. Camp tuition is non-refundable. Register and Pay online at www.tmhswildcatsathletics.com. Click on "TMHS SUMMER CAMPS" then click on your camp name in blue. You will be taken to the Registration Form. Once you "submit" the form you will receive an email with a link to make payment.. Payments made by cash and/or check will not be accepted. All payments and registration must be completed online.

ITEMS NEEDED: Flat workout shoes, appropriate workout apparel, a towel if you desire. Cleats will be needed if you are attending either the 7:00 - 9:00 am session or the 5:00 - 7:00 pm session. We will provide water breaks regularly throughout. We will work in two hour sessions. Please make sure athletes are present 15 minutes early each day for camp.

CONTACT INFO: SAM PARKER
ATHLETIC COORDINATOR / HEAD FOOTBALL COACH
EMAIL: LAWRENCEPARKER@TOMBALLISD.NET
PHONE: 281-357-3230 ext. 1191

REGISTRATION: **ONLINE:** www.tmhswildcatsathletics.com

TOMBALL ISD DOES NOT CARRY INSURANCE FOR SUMMER / RECREATION PROGRAMS. PARENTS WILL BE RESPONSIBLE FOR ANY MEDICAL EXPENSE INCURRED.