



Tom C. Clark Strength, Agility & Skills Training Camp 2020

WHEN:

Football SAS Camp:

Camp is Mon.- Thur. June 15-June 26, July 13-16 & July 27-30.

Camp is Mon., Thurs. & Fri. July 6, 9-10

Camp is Wed., Thurs. & Fri. July 22-24

(No Camp the week of June 29-July 2)

General Girl's SAS Camp:

Camp is Mon.- Thur. June 22-July 2, July 13-16 & July 27-30.

Camp is Mon., Thurs. & Fri. July 6, 9-10

Camp is Wed., Thurs. & Fri. July 22-24

Girls Volleyball SAS Camp: Tues., Wed. & Thurs.- Coach Miller will provide more info

Boys Basketball SAS Camp: Mon., Tues. & Wed.- Coach Sylestine will provide more info

Girls Basketball SAS Camp: Tues. & Thurs.- Coach Houy will provide more info

Baseball SAS Camp: Tues. & Wed.- Coach Velazquez will provide more info

****We will not have camp on the following days:***

July 7-8 & July 20-21

WHERE: CLARK HIGH SCHOOL ATHLETIC FIELDS, GYMS & WEIGHT ROOMS

WHO: INCOMING 9TH GRADERS TO SENIORS

COST: \$75.00 REGISTRATION

****All participants must have all physical paperwork completed and be cleared in RankOne from the 2019- 2020 school year.***

This camp will be beneficial for a student/athlete interested in ANY UIL sport at Clark. It will be conducted by CLARK HIGH SCHOOL COACHES who will provide each student with individual attention on basic strength, agility and sport skill instruction. The camp will be conducted according to UIL & NISD safety guidelines and all activities will be closely supervised.

INSTRUCTIONAL OBJECTIVES:

- 1. Plyometric training – Speed and Strength***
- 2. Agility, Cone, Dot, & Quickness Drills***
- 3. Bungy and Grass Sled Drills***
- 4. Weight Lifting***
- 5. Strength Training***

WHAT DO I NEED TO BRING TO CAMP:

1. Athletes are required to bring an adequate amount of water for personal use during camp. (Recommended one labeled, gallon jug of water). Due to safety guidelines, athletes are prohibited from sharing water bottles and only supervised refill stations will be provided.
2. Bring your own towel, if you wish to use one.
3. Wear shorts and a T-shirt.
4. Wear any type of athletic shoe. (cleats for football).
5. **Please leave all jewelry and valuables at home.** We cannot be responsible for any lost items.

CONTACTS FOR QUESTIONS OR ADDITIONAL CAMP INFORMATION:

FOOTBALL SAS CAMP: Coach Hill - Larry.Hill@nisd.net

GENERAL GIRL'S SAS CAMP: Coach Ager - Anne.Ager@nisd.net

GIRL'S VOLLEYBALL SAS CAMP: Coach Miller - Melissa.Miller@nisd.net

BOY'S BASKETBALL SAS CAMP: Coach Sylestine - Steve.Sylestine@nisd.net

GIRL'S BASKETBALL SAS CAMP: Coach Houy - Rihana.Houy@nisd.net

BASEBALL SAS CAMP: Coach Velazquez - Aldo.Velazquez@nisd.net

CLARK HIGH SCHOOL ATHLETIC OFFICES PHONE NUMBERS: (210) 397-5217 or (210) 397-5210

BRING CONSENT FORM AND REGISTRATION FEE TO CAMP ORIENTATION ON MON, JUNE 15. ALL STUDENTS PARTICIPATING THIS SUMMER WILL ATTEND ORIENTATION. STUDENT ATHLETES WILL DROP OFF AND PICK UP IN THE TEACHER PARKING LOT THAT DAY.