

## Memorial High School

### Summer Training Program for Incoming Freshmen through Seniors

This summer we will again be offering strength and athletics program conducted by coaches from Memorial High School. The program will be offered to all students at Memorial who are **incoming freshmen through seniors**. Only students that are zoned to Memorial will be allowed to participate in this program. The focus of the program will be explosive strength, agility, speed development, and sprint conditioning. These workouts cannot and will not be sports specific and each participant may only attend one two-hour session a day. No make up sessions will be provided. Attendance at every session is not mandatory as to allow participants the flexibility to attend family vacations and the like. We encourage all of our Mustang athletes to participate in this program, as it will be an opportunity to work and bond with your fellow Mustang athletes as well as work with an experienced staff at a reasonable price.

This year we are making some slight changes to the program. First there will be no afternoon session. Secondly we will start our sessions at 7:30 am and 8:30am. Lastly we will designate the sessions for returnees and newcomers. A “returnee” is a student athlete that has already participated at Memorial or is entering as an upperclassmen. A “newcomer” is a student athlete that will be entering Memorial as a 9<sup>th</sup> grader or is a novice in the weight room.

Each participant in this program must have a physical on file with our athletic department. It will also be necessary for each participant to turn in a **signed registration form** and complete a **“Consent to Treat Form”**. If you participated in athletics this year at Memorial or one of the feeder Spring Branch ISD Middle schools, the physical you turned in will be sufficient. If you are a student who did not participate in athletics this past year or are entering this year from a school outside of our school district, we will need a copy of your athletic physical.

We will meet in the Memorial High School field house weight room daily throughout the length of the camp.

#### Dates.

Monday June 12 -Thursday July 20

Monday through Thursday each week

#### Times

Session I –7:30 am-9:30 am returnee-designated for athletes who have already participated in a program at Memorial

Session II- 8:30am-10:30am newcomers-designated for athletes new to Memorial.

The workouts will take place at the Memorial High School field house weight room located across Echo Lane (east) from the main campus.

#### Cost

\$100.00 for each participant.

Adjustments will be made for those students who are on free and reduced lunch.

**Makes Checks Payable to S.B.I.S.D.** You may Mail your payment to Memorial High School Attention Coach Gary Koch 935 Echo Lane Houston, Tx. 77024, or you may bring the payment and forms with you on the first day of camp.

Questions about our program should be directed to Coach Koch @ 713-251-2745, or e-mail gary.koch@springbranchisd.com.