



Starting date: June 5th - July 13th

(July 4th make up date: July 7)

MONDAY thru THURSDAY

Student **MUST** have physical on file

*****ATTENDANCE NOT REQUIRED FOR SPORT PARTICIPATION*****

Must be **ZONED** to attend KHS or KHS feeder.

Cost: **\$125.00** payable ONLINE thru Pay-N-Go

KHS Registration & Payment ONLINE thru Pay-N-Go:

<https://katyisd.revtrak.net/khs-strength-and-conditioning-camp>

NAME: _____ GRADE: _____ SCHOOL: _____

Session 1 6:15- 7:15 am Football Skills Grade 10-12

Session 1 7:30- 9:20 am Strength & Conditioning Grade 10-12 - ALL MALE/FEMALE SPORTS

Session 2 9:30 -10:30 am Football Skills Grade 9

Session 2 9:30-11:20 Strength & Conditioning Grade 9 - FEMALE SPORTS ONLY

Session 2 10:30 am -12:20 pm 8th & 9th Grade Strength & Conditioning - MALE SPORTS ONLY

Session 3 1:00 - 3:00 pm 7th Strength & Conditioning-ALL MALE SPORTS and 7th and 8th grade FEMALE SPORTS

Session 3 JR High Skills done on home campus

T-Shirt Size: (Please circle) AS AM AL AXL AXXL

SKILLS SESSIONS - will be set up by the Head Coach of each sport. Strict UIL guidelines will be followed

INCLEMENT WEATHER -camp will be held if at all possible. Weather alerts may cause cancellation of some parts.

The major goal of our summer strength & conditioning camp is to provide our competitive athlete the means by which they develop attitude, work ethic, mental toughness & discipline, thru strength training and conditioning drills.

This is a working camp, horseplay and lack of effort will **NOT** be tolerated. The athletes will be encouraged at all times to do their BEST!!!

Please Bring Hydration & Towel It will be up to each individual athlete to bring hydration and to nourish before beginning of workouts each day.

If you have any questions please contact: Tim Ripperger (281) 237-1918 or email timothysripperger@katyisd.org

We ask **all campers** and at **least one parent** join Sports You for daily or weekly updates:



The code is **5C7M-RKRS**
Download app or go to www.sportsyou.com.

Join via Website

New Users

From your computer or phone, go to sportsyou.com
Click Get Your Free Account and enter your email
Go to your email and click Confirm Your Email
Click Enter Access Code to enter code, then finish set up

Existing Users

From your computer or phone, go to sportsyou.com and login
In left column, click Join Team/Group
Click Enter Access Code to enter code

Join via App



New Users

On mobile device download sportsYou app from the App Store (iOS) or Google Play Store (Android)
Tap Create Account or Continue with Google
Tap Enter Access Code to enter code, then finish set up

Existing Users

On mobile device login
In bottom tray, tap Teams/Groups
Tap blue + button, then tap Join Team/Group

