

ANGLETON WILDCATS

Summer Strength & Conditioning

2024



Location:

9-12th Grade- High School Weight Room
7-8th Grade- Junior High Weight Room

Date:

June 3rd – July 25th

	Mon	Tue	Wed	Thu	Fri	
June	3	4	5	6	No Activity	Week 1
June	10	11	12	13	No Activity	Week 2
June	17	18	19	20	No Activity	Week 3
June	24	25	26	27	No Activity	Week 4
July	July 4 th Week- No Activity				No Activity	
July	8	9	10	11	No Activity	Week 5
July	15	16	17	18	No Activity	Week 6
July	22	23	24	25	No Activity	Week 7

*You must be a current Angleton ISD Athlete and entering grades 7-12 to attend.

Time

8:00-9:45am

*There is only 1 session this year with all groups at the same time. Junior High athletes will be at junior high and high school athletes will be at the high school.

Check In

HS Boys- HS Weight Room

HS Girls- Stadium

JH Boys/Girls- JH Turf Room (Door 12B)

Camp Workouts

Workouts will include strength, speed and agility training. Proper technique and form will be emphasized with lifting and running. Athletes will need to bring their own water, but refill stations will be available on site.

Camp Gear

Workout clothes. Flat-bottomed shoes for the weight room and cleats (boys) for field and turf workouts.

Sport Specific Skills

Sport specific summer skills sessions will be scheduled and planned through the head coach of each sport. The head coach will communicate that information specifically with the athletes of that sport.

9-12th grade Football Players:

July 31st –Parent Orientation

August 1st –Player Orientation

August 5th - First Day of Practice (Mandatory)

9-12th grade Volleyball Players:

August 5th -First Day of Practice (Mandatory)

August 8th -Player/Parent Orientation

9-12th Cross Country Runners:

July 30th -First Day of Practice (Mandatory)

9-12th Team Tennis:

July 29th -First Day of Practice (Mandatory)