

Dear Sting Athletes and Sting Parents,

Texas City High School and Blocker Middle School coaches will be offering a Strength and Conditioning Camp this summer. A portion of the camp will be devoted to enhancing the athlete's speed, coordination, running form and the other portion will be dedicated to developing the athlete's strength. Both of these components are crucial for our athletes who want to perform to the best of their ability in their sporting events. Each sport will also have assigned days for sport specific workouts that can last up to an hour. Head coaches of these sports will inform student-athletes of these days. Each student is also required to have a current physical from 2024 on file with the trainer.

Start Date: June 10th

Off Days – July 1st, 2nd, 3rd, 4th, July, 22, 23, 24, 25

Cost: Free

Length: 6 weeks

Where: TCHS Weight Room/ TCISD Football Stadium

For: Incoming 7th – 12th Male and Female Texas City High Blocker Middle School Athletes

Times: 7:00AM –9:00 AM -High School Emphasis (Blocker Athletes may come)

8:30AM – 10:00AM – Middle School Athlete Emphasis (TCHS athletes may come)

Official communication AP – SPORTSYOU Access Code – GXWM9E95

We **HIGHLY** recommend all parents and athletes download this AP for communication purposes

