

# 2016 Clements High School Summer Fitness Program General Information

**Program Overview:** The program consists of a 23 day training regimen designed to develop and enhance each participant's strength, speed, agility, quickness, and overall fitness level. Each 2 hour session (held Monday-Thursday) will consist of approximately 1 hour of weight training, and approximately 1 hour of S.A.Q. (Speed, Agility, and Quickness) training. There will be two groups each session, one that begins with S.A.Q. and one that begins with weight training.

**Program Dates & Times:** The camp begins Monday, June 6th. It runs for 6 consecutive weeks, Mondays through Thursdays. There will be no camp on Monday, July 4<sup>th</sup>. Three sessions will be offered from 7:00-9:00am, 9:30-11:30am and 12:00pm-2:00pm (incoming 7<sup>th</sup> and 8<sup>th</sup> graders only)

**Who may participate?** The camp is open to any incoming 7<sup>th</sup>-12<sup>th</sup> grade student (male or female) in the Clements High School attendance zone for the upcoming 2016-2017 school year.

**Program Instructors:** The program will be administered by FBISD coaches from Clements High School.

**Program Site:** Participants will report to the Clements Field House for each session.

**Required Athletic Equipment:** Participants must furnish their own workout attire. No additional equipment is necessary to participate in the program. However, participants may wish to bring weightlifting gloves, sunscreen, bottled water/sports drinks, etc... at their discretion. Water is made available to all participants throughout each workout session.

**Registration:** It will take place beginning April 20<sup>th</sup>-May 29<sup>th</sup>. The cost is \$100 (Payment in Cash or Money Order only-per FBISD policy) or \$25 if you qualify for free and reduced lunch. You may pay for registration at the Clements High School Field House Monday through Friday.

- Money Orders should be made to **FORT BEND I.S.D. ATHLETICS**
- Completed registration form
- Completed emergency release form

**Late Registration:** Late registration will take place from Tuesday, May 31<sup>st</sup>, and ends Thursday June 9<sup>th</sup>. The late registration fee is \$125.

**Additional Information:** Email [robert.darnell@fortbendis.com](mailto:robert.darnell@fortbendis.com) or [phillip.dober@fortbendis.com](mailto:phillip.dober@fortbendis.com) for additional information.