



2023 Strength and Conditioning Camp

Program Overview

SAC Camp consists of a 7-week training regimen designed to develop and enhance each participant's strength, speed, agility, quickness, and general fitness level. Each session will consist of approximately 1 hour of strength training and 1 hour of S.A.Q. (speed, agility, quickness) training. The program will be run by current Dulles coaches from a variety of sports. Beyond physical development, this is an opportunity to train alongside your teammates and build bonds that will bring you closer when your season arrives.

Who May Participate?

All rising 7th-12th girls and boys zoned to attend Dulles High School may participate.

Sport-Specific Instruction

In addition to SAC Camp, Sport-Specific Instruction (SSI) may be offered before or after regular SAC Camp times. Please join the **2023 DHS S.A.C. Camp** group on **sportsYou** to get updated SSI session times, weather updates, and other important information.

Acknowledgements:

By registering for the camp, the parent(s) agree to all terms and conditions included in the Physical/Athletic Participation Form and agree to waive all liability of the Fort Bend ISD and its employees staffing the camp. Parent(s) and participant acknowledge that the camp staff may dismiss any participant deemed disruptive, and no refund will be due for missed participation.

Session Dates and Times:

June 5th-July 27th

- No SAC Camp from July 3rd-6th

Session 1: 7:30 am-9:30 am

- All Football (9th-12th Grade)

Session 2: 9:30 am-11:30 am

- Middle School (7th & 8th Grade)
- High School (9th-12th Grade)

Session 3: 10:30 am-12:30 pm

- HS Boys Basketball (9th-12th Grade)

Payment Information:

- Cost: \$125
- "Free and Reduced" Cost: \$50
- (with appropriate documentation)
- Online payments only! [SIGN UP HERE!](#)
- No refunds after the 1st week



Requirements:

- Participants must have a current physical and RankOne electronic forms on file.

[PHYSICAL FORM HERE!](#)

- [RANKONE FORMS HERE!](#)



What to Bring:

- A great attitude & desire to improve!
- Water (We will have filling stations)
- Appropriate workout shorts and top
- Running shoes (cleats optional)
- Sunscreen



Questions:

Contact: Christina Jamerson or Bill Garrey
DHS Campus Athletic Co-Coordinator
Christina.Jamerson@fortbendisd.com
William.Garrey@fortbendisd.com

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sportsYou

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