

Summer Strength and Conditioning 22

Dates (Monday-Thursday)

June 6th-July 28th

*Off July 4th-8th | *July 18th-19th

Monday-Thursday

Times

Session 1: All Football 9-12th | 7:30-9:30

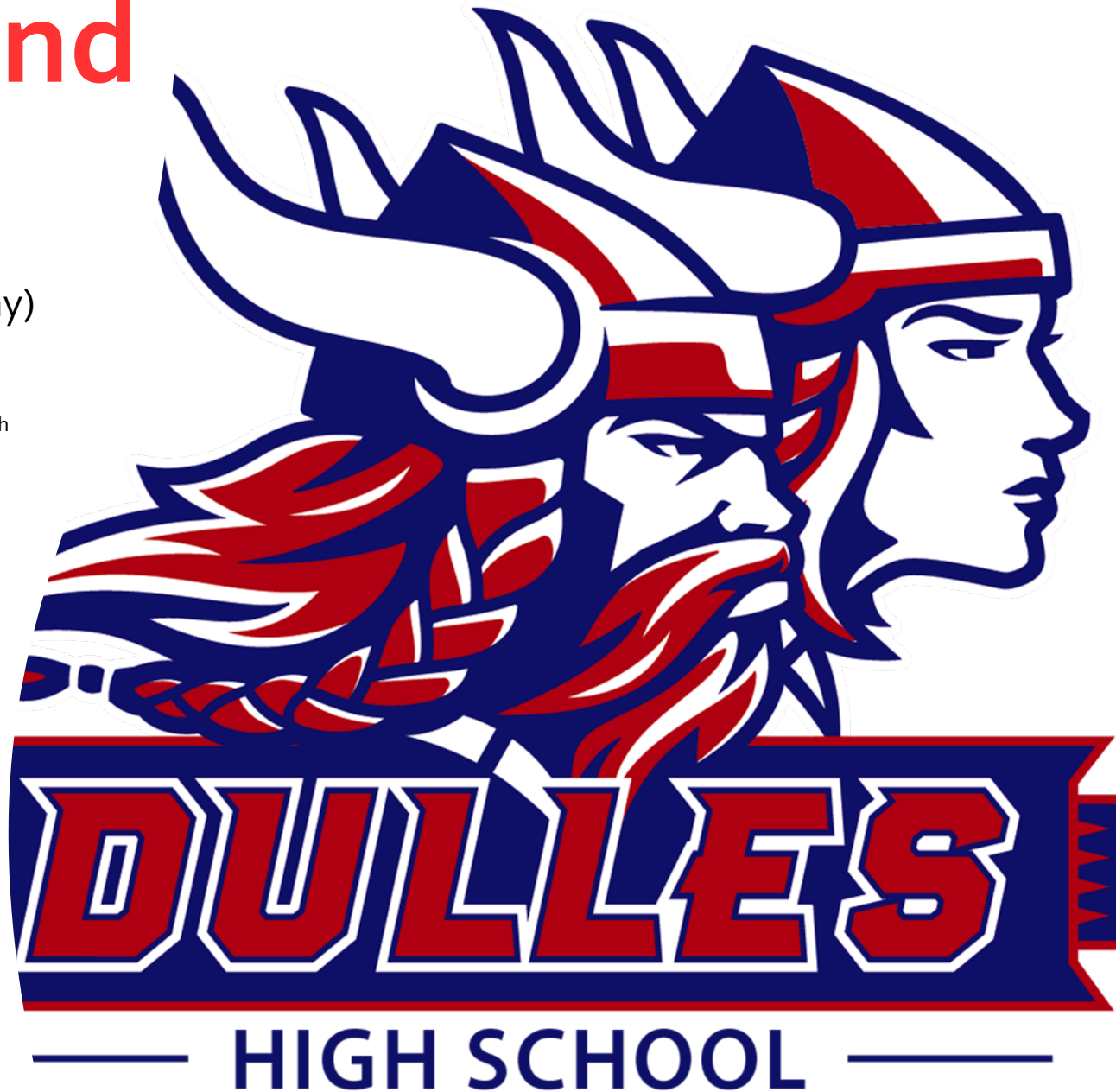
Session 2: MS (7-8th) and HS ATH (9-12th) |
9:30-11:30

Payment

\$125 Paid in Full Online (Link)

\$50 Free and Reduced w/
Documentation

*No Refunds after the first week





Co-Athletic Coordinators

Shane Byrd:
Shane.Byrd@fortbendisd.com

Jordan Macha
Jordan.Macha@fortbendisd.com



Summer Camps Coordinator

Stephen McCormick:
Stephen.McCormick@fortbendisd.com

Christina Phillips:
Christina.Phillips@fortbendisd.com



Athletic Trainer

Bryant Spencer: Updated FBISD Physicals and Medical Questions.

Bryant.Spencer@fortbendisd.com

Rank One Medical Forms
[\(Click\)](#)

Physical [\(Click\)](#)

What to Bring?

- Great Attitude
- Water
- Running Shoes (Cleats Optional)
- Workout Shorts and Top
- FBISD Updated Physical

Online Registration [\(Click\)](#) and Payment [\(Click Here\)](#)

Join Us on Sports You [Click Here for App](#)

Group Code

- 58RN-5MRH

*Weather and Camp Updates



Sports Specific Skills

Football | Austin.Lancaster@fortbendisd.com

- Monday and Wednesday- 9:30 to 10:30 on Turf

Basketball | Christina.Phillips@fortbendisd.com

- Girls | Monday and Wednesday- 8:30-9:30

Soccer (MS|HS Boys and Girls) |
Stephen.McCormick@fortbendisd.com

- Monday and Wednesday 8:30 to 9:30

Volleyball | Jordan.Macha@fortbendisd.com

- Tuesdays and Thursdays 8:00-9:00

Camp Check List

- Payment ([Click Here](#))
- Online Registration ([Click](#))
Physical ([Click](#))
- Rank One Medical Forms ([Click](#))
- Join Us on Sports You [Click Here](#)
[for App](#)

