

2021 HIGHTOWER STRENGTH AND CONDITIONING CAMP

PARTICIPANTS

All Junior High and High School students who attend Hightower High School or reside within the Hightower HS Attendance Zone.

CAMP DATES

June 7th — July 1st (M-Th- 4 weeks)
July 5th - July 8th- Summer Break
July 12th — July 30th (M-Th 3 weeks)

Boys – 7:00 am—9:00 am
Girls—9:00 am– 11:00 am

- Athletes may attend **ONLY ONE** session a day

Online Payment and preregistration is preferred. In order to participate, you must have a signed registration form and full camp payment on record. On Site registration will be at Hightower High School Fieldhouse.

WHAT TO BRING

- Workout shorts & t-shirt
- Tennis shoes and cleats
- Any needed medication
- Water (gallon is preferred)
- Sun Screen if needed
- Great Attitude/Effort
- Updated physical on file dated after April 1
- Each athlete will have to complete screening form

CAMP PAYMENT

Cost of the program is \$110 for the entire summer. The scholarship fee of \$35 will require documentation. Online payment is preferred. No refunds will be given after the first week of camp begins. If you need further payment options, please contact coach for available options.

Online payment is available at :

[Click to pay Online](#)

CAMP INSTRUCTORS

The staff at Hightower High School eagerly await meeting your child and giving them the foundations they need to help develop their athleticism. The staff's expertise extends beyond the X's and O's of sports and into the areas of speed development, fitness conditioning, and overall strength training. We will also be following the UIL/FBISD guidelines for Covid-19 to ensure safety of student-athletes.

CONTACT INFO

Toni Santiago—GAC/HD Volleyball
E-mail:
antoINETTE.santiagorhodes@fortbendisD.com
[281-634-5298](tel:281-634-5298)

Cornelius Anthony –BAC/HD Football
Cornelius.anthony@fortbendisD.com
Samuel Scott – Football Coach
Samuel.scott@fortbendisD.com