



# ***2025 Travis Tigers***

## ***Strength And Conditioning Camp***

**June 9 - July 24, 2025 (6 Weeks)**

**Use the link to complete the registration form**

**<https://forms.office.com/r/tdDUhZXvWn>**

Travis Tigers Summer SAC Camp  
2025



NAME: \_\_\_\_\_

GRADE (Fall 2025): \_\_\_\_\_

SCHOOL: ☐ Travis HS ☐ Bowie MS ☐ Crockett MS ☐ Other \_\_\_\_\_

SPORTS PLAYED: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PARENTS/  
GUARDIANS \_\_\_\_\_ CELL NUMBER \_\_\_\_\_

PHYSICAL ON FILE ☐ YES ☐ NO

CAMP FEE: Please select the payment option below [Online Payment Link](#)

☐ \$125 ☐ \$50 Scholarship – **(Free or Reduced Lunch Documentation Required)**

SESSIONS: ☐ Boys Varsity (8-10am) ☐ Boys JV/ Incoming 9th (9:30–11:30am)

☐ Girls HS/JH (9am-11am) ☐ Boys JH (10:30-12:30pm)

☐ Swim/Dive/Water Polo (9am-11am @ Natatorium)

- ◆ A valid physical must be on file with the training staff at Travis HS in order to participate.
- ◆ Athletes may be asked to attend a session other than the one they registered for in order to meet UIL and FBISD guidelines.

***SportsYou App– CODE 6QZTA3W9***

# ***2025 TRAVIS TIGERS S&C CAMP***

## **PARTICIPANTS**

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

## **CAMP DATES**

June 9th —June 26 (M– Th 3 weeks)  
July 1rd—July 5th Summer Break  
July 7th — July 24 (M–Th 3 weeks)

- Athletes may attend **ONE** session a day.
- Attendance is **voluntary**. The more an athlete attends, the more they benefit from the camp.
- A valid physical must be on file with the training staff at THS before participation.

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

## **WHAT TO BRING**

- Workout shorts & t-shirt
- Tennis shoes and cleats
- Water/Sport Drinks
- Any needed medication
- Great Attitude

Note: No water containers will be provided; No locker room access will be allowed

## **CAMP PAYMENT**

The camp fee is \$125.00 for the entire summer. Full payment online must accompany the registration form. Scholarship rate will apply to those that qualify. **No refunds will be given after the first week of camp.**

**[Click to pay Online](#)**

## **CAMP INSTRUCTORS**

The staff at the Travis 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.

## **For more information, contact:**

Boys Sessions:

Trey Sissom– CAC/Hd FB Coach  
Email: [edward.sissom@fortbendisd.gov](mailto:edward.sissom@fortbendisd.gov)

Girls Sessions:

Rachel Kessler– CAC/ Hd VB Coach  
Email: [rachel.kessler@fortbendisd.gov](mailto:rachel.kessler@fortbendisd.gov)

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