

CAMP FOCUS:

Power and Strength

The weight program is designed to increase explosive power and strength through the use of ground-based, multiple joint weight exercises, ply metrics and agility drills.

Speed, Agility & Coordination

Activities and exercises will be utilized with an emphasis on proper technique so that permanent, positive changes in acceleration, change of direction, and top speed running will be realized.

Flexibility

Emphasis will be given to increasing participant flexibility and mobility by teaching proper mechanics and utilizing specific exercises designed towards increasing the athletes full range of motion.

WILDCAT 2021



Charles West
Head Football Coach/Campus Athletic Coordinator
281-6541-6309
1700 Wilson Road
Humble, TX 77338

Email: dsoutha@humbleisd.net

West Lake MS
11810 Madera Run Pkwy, Atascocita, TX
77346

June 14 - July 31

Success isn't given it's
Earned!!

**2021 Wildcat
Speed & Agility
Camp**

8:00 A.M.-10:00A.M.

**Humble High School
Athletic Complex**

**1700 Wilson Road
Humble, Tx. 77338**

Summer Strength and Conditioning Camp will be held at the Humble High School Athletic Complex.

**June 14– July 31
Camp Closed dates: June 18,25
July 2 , 5,6,7,8,9, 19, 20**

(Mon. – Fri.)

Supplies Needed for Camp:

**Shorts
Workout Shirt
Water Bottle
2 pairs of shoes
(Cleats & Tennis Shoes)**

Towel

**Price:
\$40/Student**

Online—<https://gofan.co/app/school/TX17742>

**Make Checks payable to :
Humble ISD Athletics,
Attn: Humble SAC Camp**



Monday	Tuesday	Wednesday	Thursday	Friday
June 14 8-10 A.M.	June 15 8-10 A.M.	June 16 8-10 A.M.	Jun 17 8-10 A.M.	June 18 No Camp
June 21 8-10 A.M.	June 22 8-10 A.M.	June 23 8-10 A.M.	June 24 8-10 A.M.	June 25 No Camp
June 28 8-10 A.M.	June 29 8-10 A.M.	June 30 8-10 A.M.	July 1 8-10 A.M.	July 2 No Camp Activity
July 12 8-10 A.M.	July 13 8-10 A.M.	July 14 8-10 A.M.	July 15 8-10 A.M.	July 16 8-10 A.M.
July 19 No Camp	July 20 No Camp	July 21 8-10 A.M.	July 22 8-10 A.M.	July 23 8-10 A.M.
July 26 8-10 A.M.	July 27 8-10 A.M.	July 28 8-10 A.M.	July 29 8-10 A.M.	July 30 8-10 A.M.
PLEASE REPORT TO WEST LAKE MIDDLE SCHOOL	PLEASE REPORT TO WEST LAKE MIDDLE SCHOOL	PLEASE REPORT TO WEST LAKE MIDDLE SCHOOL	PLEASE REPORT TO WEST LAKE MIDDLE SCHOOL	PLEASE REPORT TO WEST LAKE MIDDLE SCHOOL

Name: _____ Sex : Circle M or F Grade for 2021-2022 _____
 Address: _____ City: _____ State: _____ Home Phone: _____ Parents Work Phone: _____
 Emergency Contact: _____ Emergency Phone: _____
 Parent Signature: _____ Date: _____ Student Signature: _____

Tear the application off and bring it on the first day of camp or mail to Humble High School

Waiver Release: I hereby authorize the directors of Humble High School Summer Conditioning Camp to act for me in accordance with their judgment in any emergency requiring medical attention. I further waive and release Humble High School Staff and Humble Independence School District from liability for any damages from injuries and/or illnesses sustained at the Humble Summer Conditioning Camp. I know of no medical condition which might affect my child's ability to safely participate in the camp. I recognize the assumption of risk associated with the participation in this camp.