



# STRATFORD HIGH SCHOOL ATHLETICS 2024 STRENGTH & CONDITIONING CAMP



DATES		
Mondays-Thursday		
June 10-27	No Workouts July 1-4	July 8-August 1
SESSION	TIME	
High School	8-10am	

\*Sport Specific Instruction for high school students occurs outside of SAC hours.\*

\*Please contact the head coach of your program for questions.\*

## CAMP DETAILS

- ★ Focus: improve the level of physical strength, conditioning, flexibility, speed, and agility for each athlete.
- ★ Wear: appropriate workout clothing and athletic shoes.
- ★ Bring: large water bottle (athletes have unlimited access to water if they forget).

## CAMP REQUIREMENTS

- ★ Submit a completed online registration form
- ★ Submit camp fee to MySchoolBucks or deliver cash/check/money order to Coach Adcock (room 357)
- ★ Current UIL physical dated April 1, 2024 or later
  - Page 1 - requires parent AND athlete signature at the bottom
  - Page 2 - requires physician signature and clearance
- ★ 2024-2025 RankOne Paperwork dated on or after April 1, 2024
  - This includes current Diabetes, Inhaler, and/or EpiPen forms, if applicable
- ★ SHS SAC Camp is open to rising 9<sup>th</sup> - 12<sup>th</sup> graders zoned to Stratford High School

## REGISTRATION & PAYMENT

- ★ Registration: <https://tinyurl.com/StratfordSACRegistration>
- ★ Payment: \$125.00
  - Payable through MySchoolBucks (preferred), check (written to SBISD), cash, or money order
    - <https://tinyurl.com/StratfordSACPayment>
  - Scholarships/financial assistance available to athletes who meet SBISD requirements
- ★ SBISD Employees: please contact Coach Adcock prior to submitting payment.

CAMP CONTACTS		
Camp Details	Shawn Jezek Head Coach Strength & Conditioning Football: Defensive Coordinator	shawn.jezek@springbranchisd.com
Registration & Payment Includes Physicals & RankOne	Jenny Adcock Assistant Campus AD Head Volleyball Coach	jennifer.adcock@springbranchisd.com
Scholarships	Todd Rankin Campus AD Head Football Coach	jeffory.rankin@springbranchisd.com
<b>TWITTER &amp; INSTAGRAM: @77079ATHLETICS</b>		

## IMPORTANT LINKS

- ★ UIL Pre-Participation Physical <https://tinyurl.com/2024UILPhysical>
- ★ RankOne Forms <https://tinyurl.com/RankOnePortal>
- ★ Stratford Head Coaches + emails <https://tinyurl.com/StratfordCoachE-mails>