



**Should Young Athletes Participate in a  
Strength and Conditioning Program?**

**ABSOLUTELY!** Research indicates that most young athletes who are involved with sports are lacking in the following areas: Proper flexibility, range of motion, body coordination, and strength of musculature and connective tissue. With a proper strength and conditioning program, young athletes can reduce the chance of injury, stay healthy, and become successful at their sport. If high school and collegiate athletes are preparing their bodies for sport, then young athletes should begin using the basic elements and fundamentals of training as a model for their future success in sport.



**PLANTING A SEED!**

The goal of this camp is not to see how much a kid can bench press, but to plant a seed in the fundamentals of strength and conditioning for future success within their chosen sports. We are looking forward to preparing each of these young athletes for this season and the next.

Yours in Strength,

Pearland Junior High South Coaching Staff

Attn:  
Athletic Dept.– STRENGTH AND  
CONDITIONING CAMP  
PJH-SOUTH CAMPUS  
4719 Bailey Road



**SOUTH  
DIAMONDBACKS**

**Strength & Conditioning Camp**

**2022**

**Open to all  
incoming  
7th - 8th Graders  
BOYS & GIRLS**

**Mandatory Registration**

- **When:** May 31, 2022 – June 30, 2022
- **Days:** Monday—Thurs (1st week Tues.-Fri.)
- **Session 1- 8th Grade– 8:00 AM – 10:00 AM**
- **Session 2– 7th Grade –10:00 AM – 12:00 PM**
- **Location:** Pearland Jr. High South (4719

Bailey Rd, Pearland, TX, 77584)

## ABOUT THE CAMP

- **Price:** \$100 – Online Registration  
\$120– Walk-up/Late Registration
- **Days:** Mon.—Thurs. (Week 1– Tues.-Fri.)
- **When:** **May 31, 2022 - June 30, 2022**
- **8th Grade: 8:00 AM – 10:00 AM**
- **7th Grade: 10:00 AM – 12:00 PM**
- **Open to all incoming 7th & 8th graders**
- **Location:** Pearland Jr. High South (4719 Bailey Rd, Pearland, TX, 77584)

### REGISTRATION INFORMATION

**YOU MUST HAVE A CURRENT PHYSICAL ON FILE IN ORDER TO PARTICIPATE IN THE CAMP**

Pay and Register Online:

<https://pearlandisd.revtrak.net/tek9.asp?pg=products&grp=6>

**THE ONLINE STORE WILL CLOSE ON MAY 22, 2022.**

### QUESTIONS:

Contact Coach Whittaker:  
whittakerj@pearlandisd.org



## BENEFITS OF THE CAMP

Members of the PJHS coaching staff will develop a sport specific training regimen that will emphasize the fundamentals and proper technique associated with strength and conditioning. All athletes will receive instruction in the areas of Olympic weight lifting, general strength training, speed development, plyometric training, flexibility and nutrition.



## CAMPER REQUIREMENTS

- In addition to wearing clothes and shoes to workout in, we encourage all student-athletes to label and bring the following:
  - ◆ Towel
  - ◆ Water (1 Gallon size)
  - ◆ Post-Workout Snack (as important as breakfast)
  - ◆ Sun Block/Screen
  - ◆ Hat

## FAQ

- **Do you offer a pro-rated amount?** We do not offer a pro-rated amount.
- **Will you start off lifting heavy weights?** No. All athletes will begin with a progression that will start with either body weight and/ or light weight. We will not sacrifice technique for more weight.
- **Is it ok that we miss a day or week due to vacation, tournament play, etc.?** Yes, it is ok to miss a few days of camp due to other obligations.

## Registration Information

ATTENDEE LAST NAME: \_\_\_\_\_

ATTENDEE FIRST NAME: \_\_\_\_\_

EMERGENCY CONTACT NUMBER: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

INCOMING GRADE (CIRCLE ONE)

7 8

CIRCLE: MALE

FEMALE

SHIRT SIZE (ADULT):

S

M

L

XL

XXL

SPORTSYOU CODE:

CP9R87P5

Waiver of Claims: I, as a parent or guardian, hereby give permission for my child to participate in the PJH South Strength and Conditioning camp and acknowledge the fact that he/she is physically able to participate in camp activities. I hereby authorize the camp staff to act for me according to their best judgment in any emergency requiring medical attention. I acknowledge that I may be responsible for any cost (through family medical insurance or otherwise) incurred due to sickness or injury to my son/daughter. I hereby waive any claim I might have against the camp, director, or the institutions providing the facilities.

This athletic camp/clinic follows guidelines set forth by Pearland ISD and the UIL.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_