

Pearland



**Oilers 2022
Boys Basketball
Conditioning Camp
2022**

June 6— July 14

8-11 AM

(Mon~Thurs)

PHS High School

3775 S. Main St

9th Thru 12th Graders

In Off-season WE CROSS TRAIN to IMPROVE

Lifting
Training
Competition



This will be 6 weeks of work you can never ever get back. Bigger, Stronger, Faster are the OUTCOMES we want for YOU. You cannot neglect any of the three cross fit basketball components. LIFT—TRAIN—COMPETE!!!

**Pearland High School Summer
Oilers Conditioning Camp**

THE PEARLAND BASKETBALL COACHING STAFF INVITES ALL PARTICIPANTS IN PEARLAND HS ATHLETICS TO ATTEND THE ANNUAL AGILITY AND CONDITIONING CAMP ALONG WITH SPORT SPECIFIC SKILLS.

**Extensive Individual footwork and agility drills*

**Speed and conditioning workouts*

**Basketball skill work*

**Camp T-Shirt Included*

Typical Camp Day

- 8:00 STRETCH/WARM-UP
- 8:15 FOOTWORK AND AGILITY
- 9:00 BASKETBALL SKILLS
- 10:00 CONDITIONING
- 11:00 END OF WORKOUT

Questions: Call or Email

Coach Steve Buckelew

281-997-7445 ext. 1606

buckelews@pearlandisd.org

What to Bring: Shorts, T-Shirts, Tennis Shoes, Water Bottle, Medications

PEARLAND BASKETBALL

**SUMMER CONDITIONING AND
SPORT SPECIFIC**

WHO: PEARLAND BASKETBALL
COACHING STAFF

WHEN: JUNE 6–JULY 14, 2022

8 AM – 11 AM

WHERE: PEARLAND HIGH SCHOOL
3775 S. MAIN PEARLAND TX.

COST: \$100

BRING OUTSIDE AND INSIDE SHOES WITH YOU
EVERYDAY OF CAMP. IF YOU ARE GOING TO
MISS OR BE LATE NOTIFY A COACH. ANYTHING
THAT YOU DO OR LEARN DURING CAMP NEEDS
TO BE REPEATED OVER AND OVER TO BE SUC-
CESSFUL. BUILD UP TO 2 LIFT SESSIONS A DAY.

CAMP DIRECTOR:
COACH STEVE BUCKELEW
PEARLAND HIGH SCHOOL
3775 SOUTH MAIN
PEARLAND, TX 77581

PHONE: 281.997.7445

EXT. 1606

BUCKELEWS@PEARLANDISD.ORG

PRE-REGISTRATION DEADLINE:

THURSDAY ~ MAY 26, 2022

**MAKE CHECKS PAYABLE TO
PEARLAND HIGH SCHOOL**

MAIL TO:

**PEARLAND HIGH SCHOOL
ATTENTION: STEVE BUCKELEW
3775 SOUTH MAIN
PEARLAND, TX 77581**

**The Pearland Bas-
ketball CULTURE**

We strength train

We skills train

We compete

ALL YEAR LONG

OILERS BASKETBALL CONDITIONING CAMP

REGISTRATION INFORMATION

DETACH AND MAIL WITH REGISTRATION

NAME: _____

ADDRESS: _____

CELL PHONE: _____

EMERGENCY PHONE: _____

EMAIL: _____

GRADE ENTERING 2021: _____

SPORT: _____

PLEASE CHECK ONE:

Waiver of Claims: I, as parent or guardian, hereby give permission for my child to participate in the summer strength 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 claims I might have against the camp, director, or the institutions providing the facilities.

X _____ Date _____
Parent/Guardian Signature

MUST HAVE SIGNATURE ON FILE

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

