



SUMMER STRENGTH & CONDITIONING CAMP

2022 Pearland Football

The purpose of the 2022 PHS Strength and Conditioning (SAC) Camp is to allow our students/athletes the opportunity to develop good conditioning habits while working with current and/or future PHS athletes while away from their regular school routine. We feel this will benefit them many times over for the upcoming 2022-23 competitive season. The camp is staffed with PHS coaches and is available to any football player in the fall of 2022.

If you should have any questions, please call B.J. Gotte at 281-997-3281 or email gottew@pearlandisd.org. We look forward to a great summer with our current and future PHS Oilers!

Monday, June 6th – Friday, July 22nd (26 workouts) PHS

Session - Football – 9th - 12th 7:30 am to 9:30 am

Weekly: Mon. – Tues. – Wed. – Thurs. – Two Fri.: 7/8 & 7/22

No SAC Camp – July 4th, July 5th, July 18th and July 19th

Must have a current Pearland ISD physical form on file. Physicals from the 2021-2022 school year count.

Waiver of Claims: I, as a parent or guardian give my permission for my child to participate in the Strength & Speed 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 facilities. This athletic camp/clinic follows guidelines set forth by Pearland ISD and the UIL.

Parent / Guardian Signature _____ Date _____

Registration and Payment Information

Please scan the QR Code below to register and pay for PHS SAC Camp:



****Download the SportsYou app and enter access code : Z698-LPGP for PHS SAC Camp reminders****

REQUIREMENTS:

Athletes will need to wear shorts and a t-shirt. They will need “flats” or shoes to work out in, and cleats for the outside stations and football practice. (Crocs/Slides are not acceptable workout shoes)

We will have water, but athletes are able to bring their own bottles.

Football season begins August 1st for Freshmen and August 8th for upperclassmen.

