



2019

# KLEIN CAIN HIGH SCHOOL



## SUMMER STRENGTH & CONDITIONING CAMP

**LOCATION:**

Klein Cain HS  
10201 Spring Cypress Rd.  
Klein, TX 77070

**COST:** \$135

**PARTICIPANTS:**

**Session 1**  
7:30 to 9:30 AM  
Klein Cain HS Boys (Incoming 9-12th grade)

**SAC CAMP  
ONLINE  
REGISTRATION**

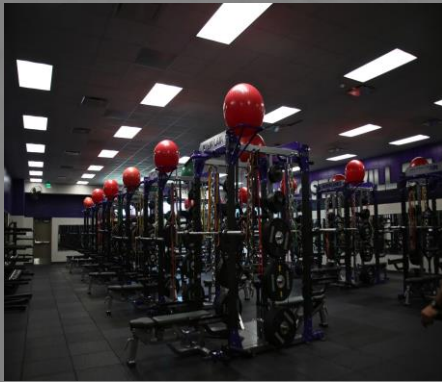
**Session 2**  
10:30 to 12:30 PM  
INT. Boys & Girls (Incoming 7 & 8th grade);  
HS Girls (Incoming 9-12th grade)



**CAMP DIRECTOR:** Jeff Poth

**CAMP COACHES:** Klein Cain HS Coaches &  
KISD Intermediate Coaches

(Scan with phone camera)



\*\*\* MUST BE ZONED TO KLEIN CAIN HS \*\*\*

KLEIN CAIN HURRICANES

# 2019

*STRENGTH & CONDITIONING CAMP*

*JUNE*

| S  | M  | T  | W  | R  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 |    |    |    |    |    |    |

*JULY*

| S  | M  | T  | W  | R  | F  | S  |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |    |    |    |

**SAC CAMP TIMES**

(SESSION 1) 7:30 AM - 9:30 AM  
(SESSION 2) 10:30 AM - 12:30 PM

@CAIN\_ATHLETICS

**SPORT SPECIFIC WORKOUTS**  
(June 3<sup>rd</sup> - Start of your Fall Sport OR Start of School)

Monday - Thursday

(SESSION 1) 9:45 AM - 10:15 AM  
(SESSION 2) 12:45 PM - 1:15 PM

\*\*\* Sport specific training is voluntary ; details of the sport specific training will be discussed at SAC camp \*\*\*