

2024 CLEAR LAKE HIGH SCHOOL ATHLETICS

SPEED **W**EIGHTS AND **A**GILITY **T**RAINING

WHAT: SWAT Camp is the summer training program for Clear Lake athletes. Camp sessions include strength training, speed development, agility training and cardiovascular conditioning. Clear Lake football players will also receive sports specific training.

WHO: SWAT Camp is available to all 7th – 12th graders zoned to Clear Lake High School. Athletes must have a current physical and be cleared with all online forms in Rank One.

DATES:

WEEK 1: 6/10 – 6/13

WEEK 2: 6/17 – 6/20

WEEK 3: 6/24 – 6/27

June 28 through July 14 all players off. Please schedule vacations during this time.

WEEK 4: 7/15 – 7/18

WEEK 5: 7/22 – 7/25

WEEK 6: 7/29 – 8/1

August 5th is the first day of practice for incoming 9th graders.

TIMES:

Session 1

7:15 – 9:30: All 9th – 12th Football

Session 2

9:45 – 11:00: 7th – 8th & Non-FB HS Boys

COST: \$100. Use QR code to complete registration and payment.

Payment is due now.



CAMP COORDINATOR: Jason Trahan – jatrah@ccisd.net

Office Phone: (281) 284–1961

WHAT TO BRING: Refillable water jug, cleats, tennis Shoes, loose fitting clothing.

Donald Lawrence

Boys Athletic Coordinator / Head Football Coach

Join us on the SportsYou app! Access Code: **LFWY-P3EU** and follow us on X **@CLHSFalcons**