Panther Strength and Conditioning Camp

WHEN: 8 Week Program starting June 24th-August 15th **ONLY** Mondays-Thursdays 7-9am
WHERE: O'Connor High School Gym/Weight Room
COST: $50.00 Per Athlete – You may pay at any time.
WHO: ALL O'Connor High School FEMALE Athletes (7-12th) that live in the O'Connor Attendance Zone
or those athletes who have been approved to transfer to O'Connor.
PURPOSE: The purpose of the Panther Power Camp is to enhance the athlete's ability to perform during competition regardless of the sport(s) they play. This is done with a 8 week comprehensive program of drills and exercises to increase the athlete's SPEED, STRENGTH, POWER, AGILITY and ENDURANCE.

- SPEED: To increase speed in all directions. STRENGTH: To increase the total muscular strength and mass. POWER: To increase explosive force. AGILITY: To improve the ability to change directions as quickly as possible. ENDURANCE: To improve the ability to perform at maximum effort for an extended period of time. CORE: To improve total body stability and strength.
- These objectives are achieved by a carefully planned program which takes into account each athlete's ability as well as their maturation level.
- The 2 hour session will be broken into four basic phases: Weight Room, Speed/Agility, Core, and Conditioning.
- Proper technique and safety will be strictly taught to help ensure the welfare of all the athletes.

Send Registration form with CASH or CHECK to:
O'Connor High School
ATTN: Yamilet Garcia
12221 Leslie Road
Helotes, TX 78023

Please contact Coach Garcia with any questions at Yamilet.Garcia@nisd.net or at (210) 397-4869.

FILL OUT BOTTOM PORTION ALONG WITH WAIVER FORM AND RETURN TO THE ABOVE ADDRESS:

- Waiver form found on O'Connor website, under Athletics

Athlete Name:_____ Incoming Grade 2019: _____

School Attended 2018-2019: _____ BEST Contact #:_____