

2025 SFP Registration Form

Student Name (Please Print)

Grade for upcoming School Year

Circle Session

#1—7am-9am Var/JV Football

#2— 10:00am-12:00am Girls/ Incoming 9th FB/ All
Other sports

#3—12:00PM-2:00PM Middle School

By signing, parent agrees to all terms and conditions included in the Physical/Athletic Participation Form, and agrees to waive all liability of the Fort Bend ISD and its employees who are staffing the camp. Parent also acknowledges that the camp staff may dismiss any participant they deem disruptive, and no refund will be due for missed participation.

Parent/Guardian Name (Please Print)

Parent/Guardian Signature

Parent/Guardian Phone #



CLEMENTS ATHLETICS



FOR MORE INFO CONTACT

Bobby Darnell
Campus Athletic Coordinator
Head Football Coach

Phone: 281-634-2213
E-mail: robert.darnell@fortbendisd.com
@CHighFB

CLEMENTS HIGH SCHOOL

You are either getting better or getting worse, you never stay the same.

SUMMER FITNESS PROGRAM



HARD WORK PAYS OFF

SFP Building Champions

Hard Work Pays Off

Getting better everyday

PROGRAM OVERVIEW

SFP CONSISTS OF A 6 WEEK TRAINING REGIMEN DESIGNED TO DEVELOP AND ENHANCE EACH PARTICIPANT'S STRENGTH, SPEED, AGILITY, QUICKNESS, AND OVERALL FITNESS LEVEL. EACH 2 HOUR SESSION WILL CONSIST OF 1 HOUR OF STRENGTH TRAINING & 1 HOUR OF S.A.Q. (SPEED, AGILITY, QUICKNESS) TRAINING. THERE WILL BE 2 GROUPS EACH SESSION, ONE THAT BEGINS WITH WEIGHTS & ONE THAT BEGINS WITH SAQ. THE PROGRAM IS RUN BY CURRENT CLEMENTS COACHES. CHAMPIONS ARE MADE IN THE SUMMER.

WHO MAY PARTICIPATE

THE CAMP IS OPEN TO ANY INCOMING 7th—12th GRADE STUDENT (MALE OR FEMALE) IN THE CLEMENTS HIGH SCHOOL ATTENDANCE ZONE FOR THE UPCOMING SCHOOL YEAR.

PROGRAM SITE

PARTICIPANTS WILL REPORT TO THE CLEMENTS FIELD HOUSE FOR EACH SESSION. PARTICIPANTS WILL USE THE WEIGHT ROOM IN THE FIELD HOUSE AND THE FIELDS, CLEATS WILL BE NEEDED. MERCER STADIUM CAN BE USED AS WELL VIA BUS.

PHYSICALS

PARTICIPANTS MUST HAVE CURRENT PHYSICALS ON FILE. THIS MEANS YOU EITHER WENT TO YOUR OWN DR OR DID A FBISD PHYSICAL NIGHT RECENTLY.

SPORT-SPECIFIC TRAINING

IN ADDITION, SPORT SPECIFIC TRAINING WILL BE OFFERED. CONTACT THE HEAD COACH OF EACH SPORT FOR MORE INFORMATION.

PROGRAM DATES AND TIME

SFP GOES MONDAY-THURSDAY FOR 6 WEEKS ON THE FOLLOWING DATES IN JUNE & JULY. BEGINS JUNE 9TH

MON	TUES	WED	THUR	FRI
JUNE 9	10	11	12	
16	17	18	19 OFF	20
23	24	25	26	

MON	TUES	WED	THUR	FRI
JULY 7	8	9	10	
14	15	16	17	
21 OFF	22 OFF	23	24	25

Session #1

7:00 am to 9:00 am

JV/VAR Football Players

Session #2

10:00 am to 12:00 pm

ALL Girls/Incoming 9th FB/

ALL Other HS sports

Session #3

12:00 pm to 2:00pm

Middle School, Incoming 7th/8th

ONLINE REGISTRATION

COST OF THE PROGRAM IS \$125. ONLINE PAYMENT IS PREFERRED. GO TO WWW.CLEMENTSRANGERS.COM TO VIEW THE LINK. IF YOU ARE UNABLE TO PAY ONLINE, PAYMENT BY CASH OR MONEY ORDER MAY BE MADE AT THE CHS FIELD HOUSE. FOR ALL CLEMENTS ATHLETICS INFORMATION FOLLOW US ON TWITTER @CHIGHFB. NO REFUNDS.

WATER

PLEASE BRING YOUR OWN CONTAINER FOR WATER. WE WILL HAVE A FILLING STATION. HYDRATING PRIOR AND FED IS ENCOURAGED. HEALTHY SNACKS DURING WORKOUT IS ALLOWABLE.

QUESTIONS

FOR ANY QUESTIONS ABOUT THE SUMMER FITNESS PROGRAM, PLEASE CONTACT BOBBY DARNELL (ATHLETIC COORDINATOR) AT THE EMAIL ADDRESS OR PHONE # BELOW.

Phone: 281-634-2213

E-mail: robert.darnell@fortbendisd.com

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