



2024 Travis Tigers

Strength And Conditioning Camp

June 10 - July 25, 2023 (6 Weeks)

Use the link to submit information electronically-

<https://forms.office.com/r/AjnnyPtHCm>

NAME: _____

GRADE (2024): _____

SCHOOL: ☐ Travis HS ☐ Bowie MS ☐ Crockett MS ☐ Other _____

SPORTS PLAYED: _____

ADDRESS: _____ CITY _____ ZIP _____

PARENTS/
GUARDIANS _____ CELL NUMBER _____

PHYSICAL ON FILE ☐ YES ☐ NO

CAMP FEE: Please select the payment option below [Online Payment Link](#)

☐ \$125 ☐ \$50 Scholarship – (Free or Reduced Lunch Documentation Required)

SESSIONS: ☐ Boys Varsity (8-10am) ☐ Boys JV/ Incoming 9th (9:30-11:30am)

☐ Girls HS/JH (9am-11am) ☐ Boys JH (10:30-12:30pm)

☐ Swim/Dive/Water Polo (9am-11am @ Natatorium)

- ☐ A valid physical must be on file with the training staff at Travis HS in order to participate.
- ☐ Athletes may be asked to attend a session other than the one they registered for in order to meet UIL and FBISD guidelines.

SportsYou App– CODE 6QZTA3W9



2024 Travis Tigers Strength And
Conditioning Camp



2024 Travis Tigers S&C Camp

PARTICIPANTS

All Junior High and High School students who will attend Travis High School or reside within the Travis HS Attendance Zone.

CAMP DATES

June 10th —June 27 (M- Th 3 weeks)
July 1rd—July 5th Summer Break
July 8th — July 25 (M-Th 3 weeks)

- Athletes may attend ONE session a day.
- Attendance is voluntary. The more an athlete attends, the more they benefit from the camp.
- A valid physical must be on file with the training staff at THS before participation.

Online Payment is required. In order to participate, you must have a signed registration form and full camp payment on record. On Site registration will be at Travis High School Fieldhouse.

WHAT TO BRING

- Workout shorts & t-shirt
- Tennis shoes and cleats
- Water/Sport Drinks
- Any needed medication
- Great Attitude

Note: No water containers will be provided; No locker room access will be allowed

CAMP PAYMENT

The camp fee is \$125.00 for the entire summer. Full payment online must accompany the registration form. Scholarship rate will apply to those that qualify. No refunds will be given after the first week of camp.

[Click to pay Online](#)

CAMP INSTRUCTORS

The staff at the Travis High School eagerly await meeting your child and giving them the foundations they need to help develop their athleticism. The staff's expertise extends beyond the X's and O's of sports and into the areas of speed development, fitness conditioning, and overall strength training.

Registration Forms Returned to:

Boys Sessions:

Trey Sissom– CAC/Hd FB Coach
Email: edward.sissom@fortbendisd.com

Girls Sessions:

Rachel Kessler– CAC/ Hd VB Coach
Email: rachel.kessler@fortbendisd.com

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