

# SPRING AND SUMMER 2021 CAMPS AND SPORT SPECIFIC WORKOUTS

## WESTERN HILLS STRENGTH AND CONDITIONING CAMP

July 12 – July 30

Monday – Thursday 9 am – 11am

Western Hills Weight Room/Cougar Field

**All Male or female Athletes GRADE 7 – 12 INVITED**

**All Male and Female Sports Invited**



<p><b><u>VOLLEYBALL</u></b></p> <p>****Open gym from 3:40 – 5:30                  April 20, 27                  May 4, 11, 18, 25                  June 1, 8, 15                  ****Open gym every Tuesday and Thursday                  8:00 – 12:00                  June 22, 24, 29                  July 1, 6, 8, 13, 15, 20, 22, 27, 29                  ****Freshman Camp will be June 21 – 25                  5:00 – 7:30 pm                  ****Fall practice begins August 2nd from                  7:00 am – 6:00 pm                  Contact: <a href="mailto:Michael.yeager@fwisd.org">Michael.yeager@fwisd.org</a></p>	<p><b><u>FOOTBALL</u></b></p> <p>****FOOTBALL SPECIFIC DRILL WORKOUTS                  July 12 – July 30                  Monday – Thursday                  11 am – 12 noon                  *****Fall Practice Starts August 2                  August 2 – August 6: 7 pm – 10 pm                  August 7: 8am –11 am                  August 9-12: 4 pm – 7 pm                  August 16: First day of school                  Contact: <a href="mailto:blake.moilan@fwisd.org">blake.moilan@fwisd.org</a></p>	<p>FREE ATHLETIC PHYSICALS!!!!</p> <p>WHEN – JUNE 3                  WHERE – WHHS CAFETERIA                  TIME- 2:30 – 6:30</p>
<p><b><u>GIRLS SOCCER</u></b></p> <p>**** Conditioning &amp; Soccer Specific Workouts June 22 – July 30 - Tuesdays &amp; Thursdays ONLY                  10 am – 12 noon                  Contact: <a href="mailto:Shelby.Grissett@fwisd.org">Shelby.Grissett@fwisd.org</a></p>	<p><b><u>Girls/Boys Basketball</u></b></p> <p>****Summer open gym starts:                  June 3,7,9,14 (3:40-5:00)                  July 19,21,26,28 (11:00-2:00)                  July 12-14 - 12-3pm (Freshman Camp)                  August 2 &amp; 4 – Held at Leonard MS (11-2pm)                  Contact: <a href="mailto:Justin.Bryson@fwisd.org">Justin.Bryson@fwisd.org</a></p>	<p></p> <p>Blake Moilan                  Boys Athletic Coordinator  <a href="mailto:Blake.moilan@fwisd.org">Blake.moilan@fwisd.org</a></p> <p>Suzette Pritchett                  Girls Athletic Coordinator  <a href="mailto:Suzette.pritchett@fwisd.org">Suzette.pritchett@fwisd.org</a></p>
<p><b><u>BASEBALL/SOFTBALL</u></b></p> <p>**** Softball &amp; Baseball Specific Workouts Starting July 13 – Tuesdays &amp; Thursdays ONLY                  10 am – 11 am                  ****<b>Cougar Baseball &amp; Softball Camp</b>                  Grades Kinder - 6                  AUGUST 2 – 4 8:00 – 10:00 am  <b>\$45.00 Registration (NO PHYSICAL NEEDED)</b>                  Contact: <a href="mailto:Brady.Ribinskas@fwisd.org">Brady.Ribinskas@fwisd.org</a></p>	<p><b><u>Tennis</u></b></p> <p>Open Courts:                  4-6pm Mondays -Thursdays                  May 1-June 24                  Free Tennis Clinic: 9-11am For Leonard Middle School - June 22-24                  First Practice for Fall: 9-11am July 27                  Contact: <a href="mailto:juan.soto@fwisd.org">juan.soto@fwisd.org</a></p>	<p><b><u>Cougar Wrestling Camp</u></b></p> <p>Thursday June 24                  2pm – 5 pm                  Friday June 25                  9 am – noon                  Wrestling Room @ WHHS                  Contact:  <a href="mailto:heath.jackson@fwisd.org">heath.jackson@fwisd.org</a></p>

YOU MUST HAVE A PHYSICAL ON FILE TO PARTICIPATE IN ALL HIGH SCHOOL EVENTS

ALL EVENTS ARE FREE UNLESS NOTED



REVISED 6/1/21

