

BULLARD SUMMER SAC CAMP 2022

7th THROUGH 12th GRADE ATHLETES

7 Week Program

Week 1: June 6-9
Week 2: June 13 -16
Week 3: June 20-23
Week 4: June 27-30
CLOSED JULY 4th WEEK
Week 5: July 11-14
Week 6: July 18-21
Week 7: July 25-28 (9th-12th ONLY)

SESSION 1

7:30 am - 9:15 am (High Intensity, 10th-12th Grade Boys)

SESSION 2

8:30 am - 10:00 am (Beginning Lifters, 7th-9th Grade Boys)

THE COST FOR THIS CAMP IS \$25

During the 7 weeks of camp the weightroom will also be open Mon-Thur 5:00-6:00 pm for former athletes/alumni and anyone that has missed the AM session (instruction/coaching will not be available in the PM)

Athlete Name: _____

Sports: _____

22/23 Grade: _____

Parent Name: _____

Contact Nmber: _____

Email: _____

Send Registartion To:

Bullard Athletics
Attn: Coach Callaway
1426 South Houston Street
Bullard , Texas 75757

*** You are more than welcome to drop off registration and money to Mrs. Smith at the Fieldhouse front office**

*** Please make checks payable to Scott Callaway**

Bullard SAC Camp will be run by Bullard ISD Coaches and Athletic Training Staff. It will focus on:

Power & Strength: athletes will engage in a weight program to increase explosive power and strength under the supervision of coaches demanding proper technique and safety.

Speed & Agility: athletes will perform exercises and drills with an emphasis on acceleration, change of direction and maximum speed.

Flexibility & Mobility: athletes will increase muscle flexibility and mobility through proper mechanics and exercises designed to increase full range of motion.

Injury Prevention: athletes will use increased flexibility, mobility, core strength and proper mechanics to reduce the likelihood of future injuries.

Disclaimer: I will not hold Bullard ISD or any camp staff liable for any damages, losses, or injury, which might result from my child's participation in the camp; I hereby grant permission for the camp staff to secure medical services for my child if necessary.

PARENT SIGNATURE: _____