

Tyler High School

Strength and Conditioning (C)



Middle School Summer Pride Camp (7th-8th Grade)

Camp Start Date: June 3, 2024

Start Time: 11:15:00 AM

Camp End Date: July 18, 2024

End Time: 12:45:00 PM

Venue Name: THS Indoor Athletic Complex

Venue Address: 3535 Lion Lane, Tyler, TX 75702

Camp Cost: Free

Questions: Tracy Baldwin tracy.baldwin@tylerisd.org

Special Notes:

Monday - Thursday June 3rd - July 18th (No Camp July 1st - 5th) EQUIPMENT: Campers will need tennis shoes for the weight room, cleats or tennis shoes for field drills on artificial turf, and a t-shirt and shorts. Water will be provided but feel free to bring your own. CAMP DETAILS: This will be a non-contact camp consisting of an hour and a half of strength & conditioning each day. The camp will be conducted by the Tyler High strength coaches and the middle school coaching staffs who will be emphasizing the proper form and technique both in the weight room and on the field.

Medical Info:

Neither the camp or any individual assisting the camp will be responsible for injuries, loss, or damage. The undersigned agrees that no liability will be asserted and hereby waives all such claims.