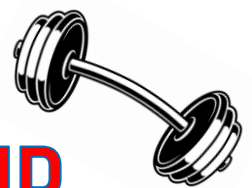




LADY MUSTANG



STRENGTH & AGILITY CAMP

When:

June 5 – July 27, 2023

Monday - Thursday

8:00 am - 11:00 am

OFF JULY 3rd - 7

Where:

Jefferson High School

Main Gymnasium

723 Donaldson Avenue

Who:

All females 7-12th grade

Free of charge

Registration form must be filled out by June 3

Use QR
Code to
Register



Use QR
Code to
Register

Gain speed and endurance through plyometrics and conditioning, strength and durability through weightlifting, and increased skill and confidence through sport-specific training. Get an edge over your competition!

Sports:



VOLLEYBALL

Cross Country, Track & Field



BASKETBALL

SOCCER



SOFTBALL

TENNIS



GOLF

Swim and Water Polo

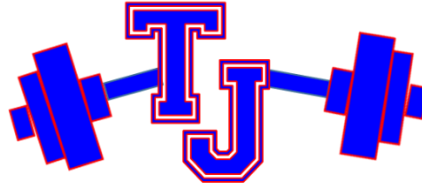


FOR ANY QUESTIONS, CONTACT:

COACH GOMEZ, GIRL'S ATHLETIC COORDINATOR

JENGOMEZ@SAISD.NET OR (210) 438-6570

MUSTANG POWER CAMP



June 5-July 27th

SITE/TIME: Jefferson Field Auxiliary Gym. Groups 10-12th Boys **8:00 -10:00** (Mon-Thurs.); 9th Boys **9:00 -10:30** Mon-Thurs.)

Dates Closed: (July 3rd-6th; July 17-18th)

Our number one priority is to continue keeping protocol on Social Distancing. We want your son and our coaches to be practicing in the safest environment possible.

Eligible Athletes: All Jefferson High School and Longfellow Athletes that live in the Attendance Zone or those athletes who have been approved to transfer to Jefferson.

Purpose: The purpose of the Mustang Power Camp is to enhance the athlete's ability to perform during Competition regardless of the sport(s) they play. This is done with 6-week comprehensive Program of drills and exercises to increase the athlete's SPEED, STRENGTH, POWER, AGILITY, and ENDURANCE.

SPEED: To increase speed in all directions.

STRENGTH: To increase the total muscular strength and mass.

POWER: To increase explosive force.

AGILITY: To improve the ability to change directions as quickly as possible.

ENDURANCE: To improve the ability to perform at maximum effort for an extended period of time.

CORE: To improve total body stability and strength.

- These objectives are achieved by a carefully planned program which takes into account each athlete's ability as well as their maturation level.
- The 1 ½ hour session will be broken into three basic phases: Weight Room/Body weight, Speed& Agility, Core.
- Proper technique and safety will be strictly taught to help ensure the welfare of the athletes.

*****[Click Here & Sign the Information Waiver Form.](#) If you have any questions, please give me a call at (210) 438-6570, or e-mail ecardenas@saisd.net. Cell# (210)452-0532