

SPRING AND SUMMER 2021 CAMPS AND SPORTS SPECIFIC WORKOUTS

WESTERN HILLS STRENGTH AND CONDITIONING CAMP

July 12 – July 30

Monday – Thursday 9 am – 11 am

Western Hills Weight Room/Cougar Field

All Male or female Athletes GRADE 7 – 12 INVITED

All Male and Female Sports Invited

<p><u>VOLLEYBALL</u> **** 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: Michael.yeager@fwisd.org</p>	<p><u>FOOTBALL</u> **** 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: 8 am – 11 am August 9 & 12: 4 pm – 7 pm August 16: First day of school Contact: blake.moilan@fwisd.org</p>	<p>FRESH ATHLETIC PHYSICALS!!!! WHEN – JUNE 3 WHERE – WHHS CAFETERIA TIME – 2:30 – 6:30</p>
<p><u>GIRLS SOCCER</u> **** Conditioning & Soccer Specific Workouts June 22 – July 30 Tuesday & Thursday ONLY 10 am – 12 noon Contact: Shelby.Grissett@fwisd.org</p>	<p><u>Girls/Boys Basketball</u> **** 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 12:00 pm (Freshman Camp) August 2 & 4 – Held at Leonard MS (11:00 am) Contact: Justin.Bryson@fwisd.org</p>	<p>Blake Moilan Boys Athletic Coordinator Blake.moilan@fwisd.org Suzette Pritchett Girls Athletic Coordinator Suzette.pritchett@fwisd.org</p>
<p><u>BASEBALL/SOFTBALL</u> **** Softball & Baseball Specific Workouts Starting July 13 – Tuesday & Thursday ONLY 10 am – 11 am **** Cougar Baseball & Softball Camp Grades Kinder 6 AUGUST 2 – 4 8:00 – 10:00 am \$45.00 Registration (NO PHYSICIAN NEEDED) Contact: Brady.Ribinskas@fwisd.org</p>	<p><u>Tennis</u> Open Courts: 4:00 pm Mondays Thursdays May 1 – June 24 Free Tennis Clinic: 9:00 am For Leonard Middle School June 22 & 24 First Practice for Fall: 9:00 am July 27 Contact: juan.soto@fwisd.org</p>	<p><u>Cougar Wrestling Camp</u> Thursday June 24 2 pm – 5 pm Friday June 25 9 am – noon Wrestling Room @ WHHS Contact: heath.jackson@fwisd.org</p>

YOU MUST HAVE A PHYSICIAN FILE TO PARTICIPATE IN ALL HIGH SCHOOL EVENTS
 ALL EVENTS ARE FREE UNLESS NOTED