
MEMORIAL MUSTANGS

       

2021 SUMMER TRAINING & CONDITIONING

PURPOSE: Offer incoming freshmen through senior athletes zoned to Memorial High School an opportunity to increase strength, agility, speed development, and sprint conditioning by participating in a two-hour non-sport specific training.

BENEFITS: Allows opportunity to work and bond with your fellow Mustangs as well as working with experienced Memorial High School coaching staff.

DATES: June 7th – July 1st (Every Monday - Thursday)
NO SESSIONS held July 5th – July 8th
Sessions resume July 12th through 29th (Monday through Thursday)

SESSIONS:

SESSION I: 7am – 8:45am

- Male Returners
 - **SESSION II: 8:10am – 9:55am**
 - All Females (Returners & New)
- Emphasis on multi-joint lifts and explosive power**

SESSION III:

9:20am – 11:05am

- Male Newcomers
 - Some Returners
- Emphasis on body position and fundamentals initially then expanding**

LOCATION: Memorial High Field House located on EAST side of Campus

MUST HAVE: Physical on file with MHS Athletic Department

- If you did NOT get a physical this school year (2020-2021) due to the UIL waiver, then you MUST have a physical dated April 1, 2021 or later.
- If you did NOT participate in athletics this year (2020-2021) or if you are entering MHS from a campus outside of SBISD, then you will need to provide a current physical.

REGISTRATION: QR Code included on this form →

PAYMENT: \$125 – payable through MySchoolBucks (preferred),
Check (Payable to SBISD) or Cash

CONTACT: Coach Gary Koch by email at gary.koch@springbranchisd.com or by
phone at (713) 251-2745 if you have any questions.



For those entering 7th and 8th grades, please contact Coach Koch for information.
