



2022 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 6th – June 30th (Every Monday - Thursday)

NO SESSIONS held July 4th – July 9th

Sessions resume July 11th through 28th (Monday through Thursday)

Session I:

7am – 8:45am

- Male Returners

Session II:

8:10am – 9:55am

- All Females (Returners & New)

Session III:

9:20am – 11:05am

- Male Newcomers
- Some Returners

Sessions I & II: Emphasis on multi-joint lifts and explosive power

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 dated **after April 1, 2022**
- If you did NOT participate in athletics this year (2021-2022) or if you are entering MHS from a campus outside of SBISD, then you will need to provide a current physical.

Registration:

QR Code below:



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

Other:

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



MEMORIAL HIGH SCHOOL ATHLETICS