

DODGE CITY HIGH SCHOOL

SUMMER STRENGTH & CONDITIONING

Summer Strength & Conditioning is a voluntary summer program taught by certified instructors trained in weight training and conditioning. It is designed to increase an athlete's speed, strength, agility, endurance, and flexibility. Over (300) student-athletes have participated each summer for the past 10 years of this program. The program is offered four times each week beginning **May 27th** - concluding on **August 9th**.

Dodge City High School Sessions:

Session #1 – RED DEMON FOOTBALL (9-12)

Session begins at 6am and concludes at 8am; with individual workouts from 8-9a.

Session #2 – LADY DEMON BASKETBALL/VOLLEYBALL/SOCCER (9-12)

Session begins at 8 am and concludes at 10am

Session #3 – RED DEMON BB/SOC/WR/BSBL/ETC (9-12)

Session begins at 10am and concludes at Noon

Middle School Sessions – located at DCMS / CMS (6-8)

Please use middle school registration forms available from individual middle schools.

Summer Dates: May 27 – August 9, 2024

[Last Day of School – May 23; First Day of Fall Sports – August 19]

Week 0 (beginning May 27): Spring Sports [only] allowed to have activities; PGU CAMP

Week 1 (beginning June 3)	S&C #1	No Team Camps scheduled
Week 2 (beginning June 10)	S&C #2	Winter Sports Camps (MS & HS) - GBB/WR
Week 3 (beginning June 17)	S&C #3	Winter Sports Camps (MS & HS) - BB
Week 4 (beginning June 24)	S&C #4	DCHS Drill Team Camp; Fall Sports MS Camps

Week 5 (beginning July 1): Summer Moratorium – NO ACTIVITIES

Week 6 (beginning July 8)	S&C #5	No Team Camps scheduled
Week 7 (beginning July 15)	S&C #6	Fall Sports HS Camps (end of MS S&C)
Week 8 (beginning July 22)	S&C #7	Voluntary WO's; DCHS Band Camp – Week #1
Week 9 (beginning July 29)	S&C #8	Voluntary WO's; DCHS Band Camp – Week #2

Week 10 (beginning August 5): DCHS Moratorium – NO ACTIVITIES

Week 11 (beginning August 12)		School begins – S&C; only
Week 12 (beginning August 19)		Start of Fall Practices

Why participate? The strength and conditioning program is designed to maximize genetic potential. Participants gain strength, speed, and power as well as functional technique in all Olympic and power movements in the weight room. If you want to give your son or daughter the opportunity to become the physically best they can be, get them involved in this program.

How do I register? Complete the registration form on the back and deliver to the DCHS Athletic Office on the first day of attendance – June 3rd. **No pre-registration is needed, just bring this form on the first day! Physical forms will also be handed out at this time. Physicals will be only accepted in the Athletic Office and students are encouraged to return them as soon as possible. A current physical form is not mandatory for summer s&c, but MUST be turned in to participate in TEAM CAMPS and no later than August 19.**

SUMMER STRENGTH & CONDITIONING
REGISTRATION FORM

FIRST NAME: _____ LAST NAME: _____

GRADE: 9 10 11 12 **GENDER:** MALE / FEMALE **T-SHIRT:** Youth L Adult S M L XL 2XL

PARENT / GUARDIAN CONTACT NAME: _____

PARENT / GUARDIAN CONTACT PHONE #: _____

PARENT / GUARDIAN EMAIL: _____

I hereby grant permission for my child, _____, to participate in Strength & Conditioning. My child has not suffered any illnesses in the past that would make participation in the camp a risk. I further agree to release from any liability, the USD 443 Summer Strength & Conditioning Camp, its staff, Dodge City High School, and U.S.D. 443 for any injury or illness to my child. I further authorize the camp staff to act for me in case of any medical emergency because of injury or illness to my child. I acknowledge that I am aware that participation in this camp requires physical activities of a nature which could result in injury to participants notwithstanding the absence of fault on the part of the camp, its staff, Dodge City High School, and U.S.D. 443. The camp staff has explained to me the particular activities to my satisfaction and I am hereby authorizing my child to participate in these activities.

Signature of parent / guardian

Date