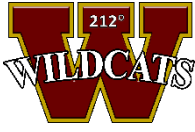


Strength, Agility, & Conditioning Camp



Cy Woods SAC 2024



| | |
|-------------------|-----------------|
| DATES | July 8 - 11 |
| June 10 – 13 | July 15 - 18 |
| June 17-18, 20-21 | July 22 - 25 |
| June 24 - 27 | July 29 – Aug 1 |

Physicals / Forms



Session I

- 7am - 9am
- Open to incoming 9th – 12th grade boys

Session II

- 9am - 11am
- Open to incoming 7th - 12th grade girls and 7th - 8th grade boys

Camp Registration Link



Registration Fee

- \$130.00 per student
- \$70.00 for additional sibling

Register for Cy Woods SAC Camp at <https://shorturl.at/mopr0>

A **current physical** must be turned into the Cy Woods HS Athletic Training staff to participate in SAC Camp. Please bring a copy of the physical for admittance.

All Athletes **must** complete the online CFISD athletic pre-participation forms prior to arrival at Cy Woods HS on Monday, June 10th for SAC Camp.

Access all required physical forms here: <https://tinyurl.com/np6azpsh>

Every day the participants will need tennis shoes, cleats, and a water bottle!