



2024-2025
CY-FAIR HIGH SCHOOL S.A.C. & S.S.I.
Strength, Agility and Conditioning + Sports Specific Instruction
Conducted by Cy-Fair High School Coaches
BFND!



Information:

The Cy-Fair Athletic Department is excited to announce that we will again offer Strength and Condition camp plus sport specific instruction (SSI) this summer.

Who may attend:

Any current Cy Fair HS student, incoming Cy-Fair Freshmen and incoming 7th & 8th graders from Cy-Fair HS feeder schools that live in the CFHS attendance zone.

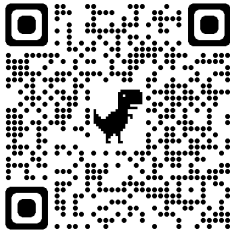
Registration & Cost:

\$130 per person. Use the following link if you would like to register and pay online:
<https://cypress-fairbanksisd.schoolcashonline.com/Fee/Details/148514/135/False/True>

IMPORTANT: If you are not paying online, then you need to fill out a hard copy of the registration form and submit cash, money order or cashier's check to the athletic office (Jana Jones or Coach Jeff Miller). Payment and registration can also be mailed in to: Jana Jones - 22602 Hempstead Hwy - Cypress, Texas 77429

Deadline:

The deadline to register is May 24th. Late registration is available only if space allows



June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	SAC CAMP	SAC CAMP	SAC CAMP	SAC CAMP		
16	17	18	19	20	21	22
	SAC CAMP	SAC CAMP		SAC CAMP		
23	24	25	26	27	28	29
	SAC CAMP	SAC CAMP	SAC CAMP	SAC CAMP		
30						

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
	SAC CAMP	SAC CAMP	SAC CAMP			
21	22	23	24	25	26	27
		SAC CAMP	SAC CAMP	SAC CAMP		
28	29	30	31	1		
	SAC CAMP	SAC CAMP	SAC CAMP	SAC CAMP		

Dates and Schedule: June 10-13. June 17-20 (not on 19th). June 24-27. July 15-17. July 23-25. July 29- August 1

*** Important Note: Monday, July 31, 2023 practices can begin for Freshman Football, Volleyball & Water Polo ***

Daily Schedule:

Participants	8:00-9:00	9:00-10:00	10:00-11:00	11:00-Noon
All Girls	Speed/Agility	Weights		
JH Boys	Speed/Agility	Weights		
HS Football (Varsity & JV Maroon)		Speed/Agility	Weights	
HS Football (JV White & Freshmen)			Speed/Agility	Weights
HS Boys not playing FB or Basketball			Speed/Agility	Weights
HS Boys Basketball		SSI	Weights/Agility	

Location:

Cy-Fair High School. Follow signs off of Telge Road

SSI:

Each sport is allowed to offer SSI (sport specific instruction). Head coaches of each sport will communicate with his/her athletes with dates and times they will offer SSI. The number of SSI days will vary for each sport. SSI is offered at no cost.

Physicals

Everyone attending must have a current and valid physical (obtained April 1, 2024 or after) and must have online participation forms completed, including medical history, in Rank One before they will be allowed to participate in SAC camp or SSI. Forms are updated each year on CFISD Athletic web page: <https://cypressfairbanksisd.rankonesport.com/>

Questions:

Contact Jeff Miller – 281-897-4670 or jeff.miller@cfisd.net
 Jana Jones – 281-897-4600 ext. 002148 or jana.jones@cfisd.net

2024-25 CY-FAIR HIGH SCHOOL SAC CAMP REGISTRATION

COMPLETE THIS FORM IF YOU ARE NOT ABLE TO REGISTER AND PAY THRU SCHOOL CASH ONLINE

Name: _____ Male/Female: _____ 2024-25 Grade Level: _____

2024 School : Cy-Fair____ Arnold____ Hamilton____ Athlete Cell _____

Address: _____ City, Zip: _____

Guardian #1 Name _____ Relationship _____

E-Mail _____ Cell _____

Guardian #2 Name _____ Relationship _____

E-Mail _____ Cell _____

Emergency Contact Name _____ Relationship _____

Cell _____

Sports you plan on participating in during the **2024-2025** school year: (Place an X by each sport you will play)

____ Baseball / Softball	____ Basketball	____ Cross Country	____ Football
____ Golf	____ Soccer	____ Swimming	____ Tennis
____ Track/Field	____ Volleyball	____ Wrestling	____ Water Polo

I hereby give my consent for the above-named student to participate in school athletics including various athletic practices, competitions and camps. I understand it is my responsibility to provide health insurance coverage for this student. I further understand CFISD is not liable for any injuries resulting from participation in school athletics. If in the judgment of any representative of the school, this student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize and consent to such care and treatment as may be given to said student by any physician, trainer, nurse, hospital or school representative.

Signature of Guardian: _____ Date: _____