

# Strength, Agility, & Conditioning Camp



## Cy Woods SAC 2024



<b>DATES</b>	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 9<sup>th</sup> – 12<sup>th</sup> grade boys

### Session II

- 9am - 11am
- Open to incoming 7<sup>th</sup> - 12<sup>th</sup> grade girls and 7<sup>th</sup> - 8<sup>th</sup> 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 10<sup>th</sup> 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!