



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.

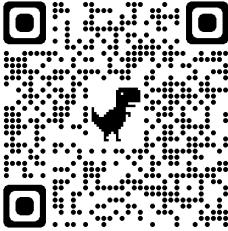
Registration & Cost:

\$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 SAC CAMP	11 SAC CAMP	12 SAC CAMP	13 SAC CAMP	14	15	
16	17 SAC CAMP	18 SAC CAMP	19	20 SAC CAMP	21	22	
23	24 SAC CAMP	25 SAC CAMP	26 SAC CAMP	27 SAC CAMP	28	29	
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 SAC CAMP	16 SAC CAMP	17 SAC CAMP	18	19	20	
21	22	23 SAC CAMP	24 SAC CAMP	25 SAC CAMP	26	27	
28	29 SAC CAMP	30 SAC CAMP	31 SAC CAMP	1			

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 _____

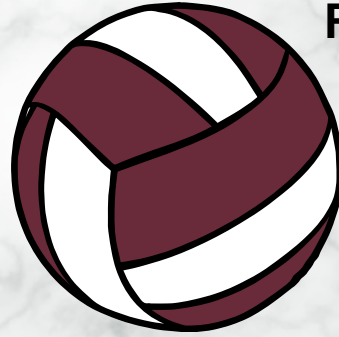
Sports you plan on participating in during the **2024-2025** school year: (Place an X by each sport you will play)

____ 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: _____

Cy-Fair Bobcat VOLLEYBALL 2024 MINIS CLINIC



REGISTER ONLINE:



bit.ly/bfndvballcamp

OPEN TO CY-FAIR HIGH SCHOOL ATTENDANCE ZONE STUDENTS ONLY

 CY-FAIR HIGH SCHOOL GYM

WHAT TO EXPECT

Experienced volleyball coaches
Skill development
Individual and team-like play
Offensive & Defensive Training
Progress to game-like play

**Each session is separate, but will progress from previous date

**Only 40 slots available

**Preregister and pay for all four - Save \$20

2nd - 5th graders

4/16, 4/23, 5/7, 5/14

\$30
each

sign up for all 4

EMAIL

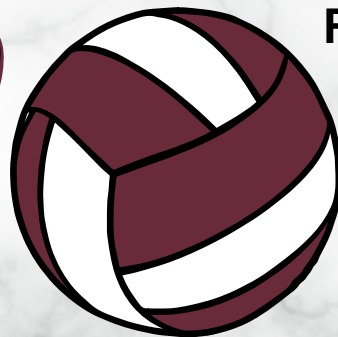
LYNDSAY.HODGES@CFISD.NET

\$100

Registration opens April 1st. Pre-register online and pay at check-in.
CASH or Money order. NO CHECKS ACCEPTED. We only have 40 slots available,
you will receive a confirmation email that your child has been successfully
registered.

More info: Lyndsay.hodges@cfisd.net | bit.ly/bfndvball

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Game Opportunities

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Middle School

JULY 24TH-26TH
8 AM - 11 AM

\$75

Freshmen

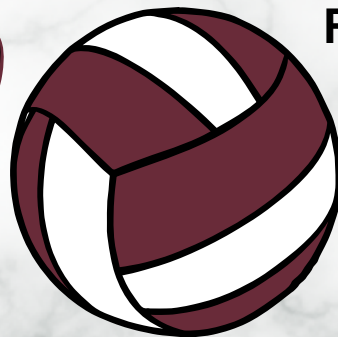
JULY 29TH- AUG 1ST
8 AM - 11 AM

\$100

Early Registration ends May 17th to guarantee shirt size. Credit Card, Cash or Money order accepted with pre-registration. CASH only at Bobcat Blast-off. LATE fee of \$5 charged for registration at door. CASH only on walk up registrations. NO CHECKS ACCEPTED

More info: Lyndsay.hodges@cfisd.net | bit.ly/bfndvball

Cy-Fair Bobcat RETURNERS CAMP 2024



REGISTER ONLINE:



bit.ly/bfndvballcamp

OPEN TO CY-FAIR RETURNING VOLLEYBALL PLAYERS

 CY-FAIR HIGH SCHOOL GYM

WHAT TO EXPECT

Experienced volleyball coaches
Skill development
Individual and team-like play
Offensive & Defensive Training
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Alumni Camp

JULY 24TH-26TH

12PM - 2PM

REGISTRATION FEE: \$25

Elite Team Camp

JULY 29TH- AUG 1ST

12PM - 4PM

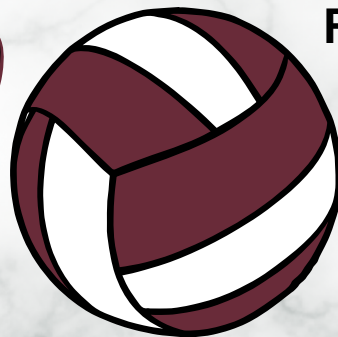
REGISTRATION FEE: \$150

Early Registration ends May 17th to guarantee shirt size. Cash or Money order accepted with pre-registration. CASH only at Bobcat Blast-off. LATE fee of \$5 charged for registration at door. CASH only on walk up registrations. NO

CHECKS ACCEPTED

More info: Lyndsay.hodges@cfisd.net | bit.ly/bfndvball

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