



Strength & Conditioning July (Grades 6-12) (6 Sessions) 2025

Camp Start Date: July 8, 2025

Start Time: 5:00 PM

Camp End Date: July 24, 2025

End Time: 6:00 PM

Venue Name: Providence Catholic School

Venue Address: 1215 N. St. Mary's, San Antonio, TX 78215

Camp Cost: \$120.00

Questions: Elise Denoux, Athletic Director edenoux@providencecatholicschool.net (210) 224 - 6651

Special Notes:

This camp will prepare the athlete for upcoming high school & middle school seasons and athletics. Dynamic drills will help the athlete improve basic body mechanics and form for lateral movement, explosive jumping and weight lifting. Coaching staff will give individualized attention to athletes.

Medical Info:

My daughter is physically capable of participating in the Providence Catholic School Summer Sports Camp. I hereby authorize the Providence Summer Sports Camp Coaches to act for me according to their best judgment in an emergency requiring medical attention. I also hereby release Providence Catholic School of any and all liability for any injuries or illnesses incurred during the camp. By signing this statement, I am representing that I have medical insurance.