

Providence Catholic School-San Antonio

Athletics (F)

Strength & Conditioning (Grades 6-12)

Summer 26

Camp Start Date: June 8, 2026

Start Time: 9:00:00 AM

Camp End Date: July 23, 2026

End Time: 11:00:00 AM

Date Details: Monday - Thursday Only

Venue Name: Glahn Gymnasium

Venue Address: 1215 N St Marys St, San Antonio, TX 78215

Camp Cost: \$150.00

Questions: Toni Gorman, Athletic Director tgorman@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.