

Gonzales High School

Speed & Agility (C)



GISD Summer Strength & Conditioning: Skills & Speed Camp Grades 9th-12th

For all incoming male and female 9th-12th Graders for the 2025-26 School Year. Dates: June 2nd- July 23rd *Camp will be Monday-Thursday *All Camps Closed The Week of July 4th Time: 7:00am - 8:30am

Where: Gonzales HS Athletic Field House Cost: \$25

Camp Start Date: June 2, 2025

Start Time: 8:45:00 AM

Camp End Date: July 24, 2025

End Time: 10:45:00 AM

Venue Name: Athletic Field house

Venue Address: 1801 North Sarah Dewitt, Gonzales, TX 78629

Camp Cost: \$25.00

Questions: John Hamilton john.hamilton@gonzalesisd.net (830) 672 - 6641

Questions: Jeremy Philips Jeremy.philips@gonzalesisd.net (830) 672 - 6641

Special Notes:

1. Please have your child bring their own water bottle. Refill stations will be available during all camps 2. Please have close toed shoes for all workouts 3. Please do not wear jewelry or necklaces during workouts
Schedule is below: Football Skills: Tuesday & Wednesday 8:45am-9:45am Basketball Skills: Monday & Thursday 8:45am-9:45am Girls Basketball Skills: Tuesday & Thursday 8:45am-9:45am Boys Soccer Skills: Thursday 8:45am-10:45am Girls Soccer Skills: Monday & Tuesday 8:45am-9:45am Volleyball Skills: Monday & Wednesday 8:45am-9:45am Softball Skills: Tuesday 8:45am-10:45am (Starts June 10, 2025)

Medical Info:

I, the parent/guardian of the above child, hereby give my son/daughter approval to participate in the Gonzales ISD Summer Camps. As a parent/guardian I know that participation in a camp may result in injury although all protective measures will be put in place. By registering and submitting payment I am aware of the safety guidelines put in place for the Summer Camps and I am giving my permission to allow my child to participate in these activities.