



*TIGER STRENGTH & SPEED CAMP:  
IMPROVE YOUR . . .  
STRENGTH • SPEED • AGILITY • FLEXIBILITY*

# **TIGER COMMANDMENTS:**

## **HARD WORK:**

*SUCCESS IS SPELLED W-O-R-K*

## **SELF DISCIPLINE:**

*DO WHAT YOU SHOULD DO, WHEN YOU  
SHOULD DO IT, AND DO IT THE SAME WAY  
EVERYTIME*

## **TEAMWORK:**

*A TEAM THAT WON'T BE BEAT...  
CAN'T BE BEAT!*



**HONOR**

**COURAGE**

**CARE**

**KNOWLEDGE**

**LOYALTY**

**TIGER STRENGTH & SPEED CAMP 2018**

**FOR HS MALE ATHLETES  
(GRADES 10-12)**

**YES WE  
CAN...  
YES WE  
WILL!**



**JUNE 4th  
through  
JULY 19th  
(Monday-Thursday)**

ORGANIZED & OPERATED BY WPISD COACHES

WPISD APPROVED CAMP

# CAMP INFORMATION

## CAMP DATES:

JUNE 4th - JULY 19th

No camp July 4th week

## TIME:

8:00 a.m. - 10:00 a.m.

## WHERE:

WPHS weightroom, track, game field

## COST:

\$40 per athlete

\$30 per athlete

(if 2 or more in same family)

## FOR:

TIGER

student-athletes

entering 10th - 12th grades

# "THE PROCESS"

- ◆ **Individualized Strength Training**  
Bigger, Faster, Stronger Weight Lifting Program designed for camper's specific needs
- ◆ **Explosive Speed Training**  
Drills designed to improve speed, lower 40 times
- ◆ **Form Running**  
Instruction and repetition in proper running form to help athletes become smoother, more efficient runners
- ◆ **Agility & Body Control**  
Drills designed to improve overall coordination, agility, and change of direction quickness
- ◆ **Plyometrics**  
Box Jumps and power movements designed to make athletes more explosive and increase their vertical jumps
- ◆ **Conditioning**  
All weight training and outside station work performed at a "high tempo" to improve each athlete's stamina and cardiovascular conditioning
- ◆ **Core Training**  
Daily emphasis on strengthening the body's core: abdominals & lower back
- ◆ **Flexibility**  
Dynamic (moving) and static (stationary) flexibility work designed to improve range of motion, muscle recovery, and injury prevention; special focus on improving hip flexibility

## CAMP SCHOLARSHIPS AVAILABLE:

If you wish to attend this camp but have a financial difficulty, please contact WPISD Athletic Director Greg Cranfill for scholarship information.  
(903) 873-3654      greg.cranfill@wpisd.com

# REGISTRATION FORM

Detach this form and send to 1800 W. South Commerce, Wills Point, Tx. 75169 or drop off in the main athletic office at Wills Point High School. (Please attach your check to this form. **Check for \$40 made payable to Wills Point High School Athletics.**

Athlete Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent / Guardian Name \_\_\_\_\_

Home or Cell Phone Number \_\_\_\_\_

Work Number \_\_\_\_\_

T-Shirt Size (Adult)    S        M        L        XL        XXL

*I hereby certify that my child is in good health and able to participate in the Wills Point Tiger Strength and Speed Camp. I give permission to the Wills Point Tiger Strength & Speed Camp to act for me regarding an emergency requiring medical attention. I release all personnel of the Wills Point Tiger Strength and Speed Camp for any claims resulting in an injury to my child.*

Signature \_\_\_\_\_

Date \_\_\_\_\_