



JOHNSON CITY EAGLES

2023 Summer Strength & Conditioning

The Johnson City ISD Coaching Staff & Shields Strength is excited about the opportunity to work with OUR athletes this summer during our Strength & Conditioning Workouts.

Information

Monday – Thursday

8:00 am – 9:15 am **HIGH SCHOOL** incoming (9th- 12th) Strength & Conditioning

9:30 am – 10:45 am **MIDDLE SCHOOL** incoming (7th & 8th) Strength & Conditioning

Sports Specific Training – will follow S&C Workouts

Dates & Times will be communicated via SportsYou

Dates

Week # 1 – June 5th – June 8th

Week # 2 – June 12th – June 15th

Week # 3 – June 19th – June 22nd

Week # 4 – June 26th – June 29th

CLOSED – July 3rd – 6th

Week # 5 – July 11th – July 14th

Week # 6 – July 18th – July 21st

Open Weight Room

May 30th – June 1st

July 24th – July 27th

Where: HS Field House / Stadium – *HS/MS Gyms as designated

What to Bring: Shorts, T-Shirt, Running Shoes/Cleats, & Water

Cost: \$100.00 – Cash or Check (**Pre-Registration \$75.00**)

checks payable to Johnson City ISD Athletics

Enrollment: Bring Registration & Payment to **High School Office** or 1st Attended Workout.

For more information contact:

Head Football Coach/Athletic Director - Nelson Kortis

Phone: (830) 868-4028 ext 1200 Email: nkortis@jcisd.txd.net

Registration

Athlete Name: _____ **Grade:** _____ **Shirt Size:** _____

My child has my permission to attend the 2023 Johnson City ISD S&C/Shields Strength. I certify that they are physically able to participate without restriction. In the event of an emergency in which my child requires medical care; I hereby authorize the Johnson City ISD/Shield Strength staff to act for me and to obtain for them whatever medical treatment is deemed necessary. I consent to such treatment and will be responsible for any medical or other charges in connection with their attendance at the camp. I acknowledge they may incur a risk of injury. I specifically waive, give up and release the 2023 Johnson City ISD/Shields Strength from liability for any claim for damages, which my child or I may have for injuries or illness that they may sustain.

Parent Name: _____ **Signature:** _____

Emergency Contact Information

Parent/Guardian #1: _____ **Phone:** _____

Parent/Guardian #2: _____ **Phone:** _____