

Camp Philosophy

In athletics, performance enhancement training has become necessary to compete at the highest level. This camp is designed to provide Langham Creek High School Athletes of ALL SPORTS with the opportunity to maximize their potential.

Athletes are trained through specific drills that will help develop their strengths and we will work to eliminate their weaknesses. Various speed, agility, and quickness techniques will guide the athletes through the program.

It is important to understand that this is not a football, basketball or volleyball camp. This training program is designed to improve the athletic performance of all athletes. We are not trying to develop bodybuilders. We are here to build athletes.

IMPORTANT NOTE:

Our coaches will not only teach the essentials of strength and conditioning, but we will also strive to promote hard work, dedication, team work, and the tenacity to overcome the mental and physical demands that occur while training.

As an athletic department, we are trying to foster an environment that promotes positive reinforcement to encourage our young people in everything they do. We expect each athlete to follow the rules in accordance with CFISD. Each athlete will be asked to participate to their best ability. If an athlete refuses to follow the basic rules and procedures, he/she will be asked to leave so that others are not affected.

SUMMER TRAINING PROGRAM
ATTN: COACH TODD THOMPSON
17610 FM 529
HOUSTON, TEXAS 77095

ALL SPORTS

**SPEED, AGILITY,
STRENGTH AND POWER
DEVELOPMENT PROGRAM**

2017

STP

LANGHAM CREEK



*We WIN because we
WORK*

SUMMER TRAINING PROGRAM

**Phone: 281-463-5496
281-463-5418
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ABOUT THE CAMP

The Langham Creek Summer Training Program is designed to give our athletes the opportunity to gain a competitive edge through strength and conditioning. *All of our athletes* will benefit from this camp and are encouraged to attend.

Every athlete will participate in a dynamic warm-up to develop joint stability and flexibility, as well as balance, coordination, and body awareness. This will be done before moving onto strength training and speed, agility, quickness development. Each of these development sessions will last approximately 45 minutes. Every session will conclude with approximately 15 minutes of conditioning.

All speed and agility development training is based on developing the total athlete. Included in this facet of training will be drills to improve proper movement mechanics, first step quickness, explosive power, speed, agility and deceleration (injury prevention).

Athletes will receive a well-balanced strength program designed with emphasis on technique and sound mechanics to aid in the prevention of injuries along with an improvement of sports performance.

WHO CAN ATTEND?

STP will be open to all high school athletes, incoming freshman, as well as students entering the 7th and 8th grade that **live in the LCHS attendance zone**. *All athletes need to turn in a completed registration form (attached) and have a copy of their physical on file with our Athletic Trainers.*

Joe Newman / Brandi Neeley (281) 463-5417

WHAT TO BRING

All athletes will be expected to wear proper athletic clothing (shorts and t-shirts) and appropriate athletic footwear to workout sessions. We also encourage all athletes to bring:

- Towel Water Bottle Cleats
- Snack Tennis Shoes Positive Attitude

SCHEDULE

The Training Program will occur at LCHS's weight room and athletic fields over a six week period beginning on **June 19th and concluding on August 3rd**. We will not have STP July 3 – July 6. We offer 3 sessions to chose from and each will occur 4 days a week. If you sign up for one session and for some reason can't make it, you may attend another session that better fits your schedule for that day. **In accordance to U.I.L guidelines, training will not be available on Fridays.**

We encourage all incoming freshmen and Jr High Athletes to attend the 2nd session if possible. The workout will be the same as the early session, however, there will be a little more teaching involved.

COST

Cost for the 6 week Summer Training Program is:

- 1 Athlete: \$110
- 2 Siblings(only): \$170 3 Siblings(only): \$220

There will also be a free lunch provided daily at the conclusion of the 2nd session.

This money goes toward equipment purchased for STP, maintenance of district facilities, and paying coaches who are not on contract during this time.

We accept cash, personal checks, or money orders made out to LCHS STP.

PAYMENT PLANS ARE AVAILABLE by contacting Kathy Trahan (Athletic Secretary)

(281) 463-5496 kathy.trahan@cfisd.net

Registration Form

Sign up for:	Time	Price
<input type="checkbox"/> 1 st Session - A.M.	7:30-9:30	\$110
<input type="checkbox"/> 2 nd Session - A.M.	9:45-11:45	\$110
<input type="checkbox"/> 3 rd Session - P.M.	4:30-6:30	\$110

Athlete's Name _____

Address _____

City, State, Zip _____

Phone _____

Emergency Phone Number _____

Grade Going into _____ Sport: _____

T-SHIRT SIZE

- SMALL X LARGE
- MEDIUM 2XL
- LARGE 3XL

WAIVER OF LIABILITY

I hereby give my consent for the above named student to participate in school athletics including various athletic practices, competitions and camps. I understand it is my responsibility to provide health insurance coverage for this student. I further understand CFISD is not liable for any injuries resulting from participation in school athletics. If in the judgment of any representative of the school, this student needs immediate care and treatment as a result of any injury or sickness. I do hereby request, authorize and consent to such care and treatment as may be given to said student by any physician, trainer, nurse, and hospital or school representative.

Parent/Guardian: _____
(Signature) (Date)

For Office Use Only Check# _____ Amount \$ _____ Date _____
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