



# TIGER ATHLETICS

## Summer Strength and Conditioning - 2018

I know it's early spring, but summer will be here soon and it will be time for our summer preparations. We are going to make a few changes to our summer program for several reasons. Number one, our athletes compete year round. That fact alone dictates that we must continue to lift during the summer to prepare our bodies for the year-long grind and help prevent injuries. Although we must lift weights and condition and believe it is vital to our athletic success, we understand that our athletes also need the opportunity and time to be kids. So with that in mind, we are reducing our work weeks from 4 days to 3 days with the exception of 2 weeks during the summer. Essentially this schedule provides our kids and our **parents** an extra week off during the summer. Our hope is that this structure will prepare our student-athletes for the 2018-19 seasons and offers our athletes the necessary time to go on vacations, spend time with family and friends, and step away from the daily grind of being a 3A student-athlete.

### 2018 Summer Conditioning Dates

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Week 1:	June 4 <sup>th</sup> - 7 <sup>th</sup> (4 days)
Week 2:	June 11 <sup>th</sup> - 13 <sup>th</sup>
Week 3:	June 18 <sup>th</sup> - June 21 <sup>st</sup> (4 days)
Week 4:	June 25 <sup>th</sup> - June 27 <sup>th</sup>
<b>Week 5:</b>	<b>-----11 Day Break-----</b>
Week 6:	July 9 <sup>th</sup> - July 11 <sup>th</sup>
Week 7:	July 16 <sup>th</sup> - July 18 <sup>th</sup>



#### Session #1

##### High School Session

For Incoming 9<sup>th</sup> - 12<sup>th</sup> Graders

6:45am - 8:15am

#### Session #2

##### Middle School Session

For Incoming 7<sup>th</sup> & 8<sup>th</sup> Graders

8:15am - 9:30am

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### Why is this Important? Why are WE doing this?

1. To maintain and improve our physical strength.
2. To create and develop our mental toughness.
3. **To prevent injuries.**
4. To prepare our athletes, both physically and mentally,  
for the grind of being a small-school athlete that participates in multiple sports.
5. To strengthen our bond as a TEAM.

This Camp is FREE!

#### Two - A - Days Schedule

Volleyball - Wednesday, August 1<sup>st</sup>

Cross Country - Wednesday, August 1<sup>st</sup>

Football - Monday, August 6<sup>th</sup>

### Whitewright Tiger Athletic Camps

#### Girls

Volleyball: 6/25 - 6/27

Basketball: 6/4 - 6/7

Softball: 5/30 - 5/31

#### Boys

Football: 5/28 - 5/31

Basketball: 6/18 - 6/20

Baseball: 5/30 - 5/31

Freshman Football Camp: July 30<sup>th</sup> - August 2<sup>nd</sup>

If you have any questions or concerns, feel free to contact us by phone or email.

#### Coach Pier

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#### Coach Edwards

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#### Coach Blaze Blain

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If you ain't...

# COMMITTED

...Get That Way!!