

2018 Como-Pickton Summer Workout Schedule

Summer Strength and Conditioning Program at Como-Pickton JH/HS for all incoming 7th Grade through 12th Grade Boy and Girl Athletes will begin May 29, 2018. The Boys Workout time will be from 9:00-10:30 AM, with the Girl's working out from 10:30 AM to 12:00 Noon on Monday through Thursday each week. There is also an evening session for those that are unable to attend the morning sessions. This session is from 6:00 PM-8:00 PM on the same dates (Monday- Thursday).

Per UIL Guidelines Summer workouts are allowed during 6 weeks of the summer. These workouts are an essential part of the Athlete Development Program. Although they are voluntary, prospective athletes should attend as many sessions as possible to make gains in strength, speed, and agility. We hope that arrangements can be made for full participation, but we do understand that sometimes this is impossible. Athletes will be required to sign-in at each workout session they attend.

Dates for these Summer Workout Sessions:

Week 1: Closed Monday, May 28, Workouts Begin Tuesday, May 29-31 (Boys 9:00-10:30 AM; Girls 10:30 AM-12:00 Noon)

Week 2: June 4-7 (Boys 9:00-10:30 AM; Girls 10:30 AM-12:00 Noon)

Week 3: June 11-14 (Boys 9:00-10:30 AM; Girls 10:30 AM-12:00 Noon)

Week 4: June 18-21 (Boys 9:00-10:30 AM; Girls 10:30 AM-12:00 Noon)

Week 5: June 25-28 (Boys 9:00-10:30 AM; Girls 10:30 AM-12:00 Noon)

July 2-5: Weightroom Closed (No Workouts)

Week 6 July 9-12 (Boys 9:00-10:30; Girls 10:30 AM-12:00 Noon)

July 16-19 Weightroom Closed

July 23-26 Both Gyms Closed (Re-finishing Floors)/Weightroom Open for Individual Workouts (8:00 AM-4:00 PM)

July 30 – August 2 Weightroom Open (8:00 AM- 4:00 PM)

*In addition the Gym will be open during the Summer Workout Weeks from 9:00 AM- 12:00 PM Noon and from 1:00 PM – 3:00 PM, unless occupied by one of our Summer Camps being offered during June and July. Looking forward to an exciting Summer full of camps and opportunities to improve.

August 1st – First Day for HS Volleyball (Junior Varsity and Varsity). 8:00-11:00 AM. Strength and Conditioning will take place after Practice from 11:00 AM-12:00 PM.

August 6th - First Day for HS Football (Junior Varsity and Varsity). Time TBA

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Summer Camp Schedules

Registration forms have been handed out for each of these camps. If you did not receive a camp registration form please go to the schools webpage at www.cpcisd.net to find a link for each of these sports camps.

June 4-6

Como-Pickton Youth Basketball Camp (C-P Staff) 1st through 3rd Grades (Boys and Girls) 9:00-11:00 AM

Como-Pickton Youth Basketball Camp (CP Staff) 4th through 6th Grades (Boys and Girls) 12:00-2:00 PM

June 11-13

Como-Pickton Secondary Basketball Skills Camp (Titus Basketball Skills Camp) 7th-9th Grades (Girls) 9:00 AM-12:00 PM

Como-Pickton Secondary Basketball Skills Camp (Titus Basketball Skills Camp) 10th-12th Grades (Girls) 1:00-4:00 PM

June 18-20

No Camps Scheduled at this Time (Please Check back)

June 25-27

Como-Pickton Volleyball skills Camp (Emily Vandenburg) 1st-3rd Grades (Girls) 8:00-9:00 AM Daily

Como-Pickton Volleyball Skills Camp (Emily Vandenburg) 4th-6th Grades (Girls) 9:30-11:00 AM Daily

Como-Pickton Volleyball Skills Camp 7th-9th Grades (Emily Vandenburg) (Girls) 12:00-1:30 PM Daily

Como-Pickton Volleyball Skills Camp (Emily Vandenburg) 10th-12th Grades (Girls) 2:00-4:30 PM Daily

July 16-20

Softball Summer Camp (CP Coaching Staff) Incoming 6th-9th Grade Girls

Morning Session 10:30 AM – 12:00 PM Noon

Break for Lunch 12:00-12:30 (Bring a Sack Lunch)

Afternoon Session 12:30 PM – 2:00 PM