



2024 Weiss Wolves S&C Boys

Camp Start Date: June 10, 2024

Start Time: 8:00:00 AM

Camp End Date: July 25, 2024

End Time: 10:30:00 AM

Venue Name: Weiss HS Stadium

Venue Address: 5201 Wolf Pack Drive, Pflugerville, TX 78660

Camp Cost: \$160.00

Questions: Danna Evans danna.evans@pfsd.net (512) 594 - 1450

Questions: Vernon Hughes, Head Football Coach/Men's AC Vernon.hughes@pfsd.net (512) 594 - 1451

Special Notes:

Boys' Session: Football (Varsity/JV) @ 8:00-9:00 AM (FB Skills) 9:05-10:00 AM (Weights/Conditioning)
8th Grade Boys & Incoming 9th graders @ 8:45 (Football Skills) 10:05-10:45 AM
(Weights/Conditioning) Camp is each week: Monday - Thursday (No Fridays) from June 10th - July 25th.
There will be no camp the week of July 1st-4th. *Reduced Rate Available for Families that Qualify. Please contact the campus athletic office for information.* This camp will have three distinct sections and goals. First will be the weight room component designed to improve the athletes' overall strength and power. The second part will be agility and speed training along with general conditioning. The goal of these two parts is to prepare the participants for the physical demands of their sports and decrease the potential for injury. The third part will be sport specific skill training. This will happen on a separate schedule/agenda to be released by each different sport separately in conjunction with this camp. Bring a water bottle and wear the appropriate shoes for the camp you are attending.

Medical Info:

I hereby grant permission for my child to participate in Weiss S&C Camp. I certify that my child is physically able to attend camp. I release Weiss High School and all camp employees from any and all liability for personal injury arising from my child's participation in Weiss S&C Camp .