



Summer Strength and Conditioning Sport Specific Instruction

Athletes,

We will be offering many opportunities this summer for you to take advantage of and we would like for you to attend as often as you can. We are accepting all athletes that will be incoming 7th grade to incoming 12th grade. Coaches will be here daily leading the strength and conditioning and sports specific workouts. The camps will be led by head coaches and the coaching staff. We are looking forward to a great summer and getting a head start on 2023-2024. If you have any questions, you can call 903-896-4332 X-8163, email jseale@edgewood-isd.net, or contact your head coach. All information can also be found at the school website on the athletic page.

Days and Times:

Strength and Conditioning – Incoming 7 Grade to 12 Grade – NO FEE INCLUDED

Monday – Thursday, June 5-8, 8:00-10:00

Monday – Thursday, June 12-15, 8:00-10:00

Monday – Thursday, June 19-22, 8:00-10:00

Monday – Thursday, June 26-29, 8:00-10:00

Wednesday – Friday, July 12-14, 8:00-10:00

Wednesday – Friday, July 19-21, 8:00-10:00

Sport Specific Instruction – NO FEE INCLUDED

Volleyball, Football, Girls Basketball, Boys Basketball – Time is 10:15-11:15

Days:

Volleyball – June 5, 7, 12, 14, 19, 21, 26, 28, July 14, 19, 21

Boys Basketball – June 5, 7, 12, 14, 19, 21, 26, 28, July 12, 14, 20

Football – June 6, 8, 13, 15, 20, 22, 27, 29, July 13, 19, 21

Girls Basketball – June 6, 8, 13, 15, 22, 27, 29, July 12, 13, 20

Summer Leagues – FEE \$\$

Volleyball – May 8, 15, 22, June 5, 12 – Played in Grand Saline

MS Volleyball – May 25, June 1, June 8 – Played in Edgewood

Girls Basketball – June 6, 13, 20, 27 – Played in Edgewood

Boys Basketball – June 5, 12, 19, 26 – Played in Edgewood

Football – 7 on 7 – June 6, 13, 20, 27 – Played in Edgewood, Terrell and Canton

Summer Camps – FEE \$\$ - Forms Online

May 30 -June 1, Girls Basketball Camp, 9:00-1:00, Grades Incoming 1st-9th

June 6-8, Boys Basketball Camp, 9:00-1:00, Grades Incoming 2nd-9th

June 6-8, Softball Camp, 9:00-1:00, Grades Incoming K-9th

June 12-15, Volleyball Camp, 9:00-12:00, Grades Incoming 1-8th

July 13-14, Volleyball Team Camp, 9:00-12:00 and 1:00-3:30, Grades Incoming 9th-12th

July 24-25, Football Camp 6:00-8:00, Grades Incoming 4th-9th

Sports Physicals-

Physicals must be completed and turned in to the athletic office before you will be allowed to participate in the sport you wish to compete in for the 2023-2024 school year. The form can be found on the school website and it must be the UIL form that is completed by the individual and doctor.