

Santa Fe Athletics

Santa Fe athletics welcomes you to another year of Summer Conditioning! Staying active over the summer months is imperative to personal success, as well as insuring that our athletic programs are prepared and competitive during their respective season. All Santa Fe High School and Junior High athletes are encouraged to attend to ensure that we are representing our community to the best of our ability's. Remember, there is no substitute for hard work, and winners embrace the journey!

GO INDIANS!

-COACH BENTLEY

BOLD- WORKOUTS

June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Session I 8-10am

All High School
Girls

High School GYM

Session II 8-10am

All High School Boys

Field House

Session III 8-10am @ Jr. High

All Jr. High Athletes

PHONE:-409-927-3148

FAX: 409-927-3141

E-MAIL: MATTHEW.BENTLEY@SFISD.ORG OR

CHRISTOPHER.CAVNESS@SFISD.ORG

Santa Fe Athletics



Conditioning Camp 2021

June 7TH—July 15TH

Session I—8-10am(Girl)

Session II—8-10am(Boy)

Session III- 8-10am (Jr.

High Boys and Girls)

Mon.—Thurs.

Open to all incoming 7-12

Santa Fe Athletics Summer Conditioning Camp

THE SANTA FE COACHING STAFF INVITES ALL PARTICIPANTS IN SANTA FE HS ATHLETICS TO ATTEND THE ANNUAL STRENGTH AND CONDITIONING CAMP. THERE WILL BE THREE SESSIONS: THE FIRST SESSION WILL BE FOR HIGH SCHOOL GIRLS FROM 8-10AM IN THE HIGH SCHOOL GYM, SESSION 2 WILL BE HIGH SCHOOL BOYS FROM 8-10AM IN THE FIELD HOUSE. THE JR HIGH SESSION WILL BE ALL INCOMING 7TH & 8TH GRADE BOYS & GIRLS. THIS SESSION WILL BE HELD AT THE JR. HIGH WEIGHT ROOM BEHIND THE JR. HIGH FOOTBALL FIELD.

*EXTENSIVE INDIVIDUAL STRENGTH TRAINING

*SPEED AND CONDITIONING WORKOUTS

*CAMP T-SHIRT INCLUDED

Typical Camp Day

8:00/9:00 WEIGHTS

9:10/10:00 CONDITIONING

*10:00 END OF WORKOUT

Questions: Call or email

Matthew.bentley@sfsd.org

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Phone: 409-927-3148

SANTA FE SUMMER CONDITIONING

WHO: SANTA FE COACHING STAFF

WHEN: JUNE 7TH-8TH

SESSION I: 8:00AM-10:00 AM (HS GIRLS)

SESSION II: 8:00-10:00AM(HS BOYS)

JR. HIGH SESSION: 8:00-10:00AM

WHERE: SANTA FE HIGH SCHOOL

COST: \$ 60 PRE-REGISTRATION

\$ 80 FOR WALK-UPS

(CALL / EMAIL FOR SIBLINGS DISCOUNT)

WALK-UPS WILL BE ACCEPTED

PRE-REGISTRATION DEADLINE: TUESDAY JUNE 1 2021

**MAKE CHECKS PAYABLE TO
SANTA FE HIGH SCHOOL**

MAIL TO: SANTA FE HIGH SCHOOL

Attention: Matthew Bentley or CJ Cavness

P.O. Box 370

SANTA FE, TX 77510



REGISTRATION INFORMATION

CONDITIONING CAMP

DETACH AND MAIL WITH REGISTRATION

NAME: _____

ADDRESS: _____

HOME PHONE: _____

CELL PHONE: _____

EMERGENCY PHONE: _____

EMAIL: _____

ADULT SHIRT SIZE: _____

GRADE ENTERING 2021-22: _____

SPORT: _____

PLEASE CHECK ONE

SESSION I:(8-10AM) _____

SESSION II:(8-10AM) _____

JR. HIGH SESSION(8-10AM) _____

Waiver of claims: I, as parent or guardian, hereby give permission for my child to participate in the summer strength camp. I acknowledge that he is physically able to participate in the activities. I hereby authorize the directors to act for me in their best judgment in a medical emergency. I acknowledge that I will be responsible for any cost through family medical insurance or otherwise, incurred due to injury or sickness to my son. I hereby waive any claims I might have against the camp, directors, or the institution providing the facilities. **This athletic camp/clinic follows guidelines set forth by SANTA FE ISD and the UIL**

Parent/Guardian Signature:

What to Bring: Shorts, T-shirts, tennis shoes, cleats, water bottle, sunscreen, medications