



2024 CINCO RANCH HIGH SCHOOL



SUMMER STRENGTH & CONDITIONING CAMP

The purpose of the 2024 CRHS Strength and Conditioning (SAC) Camp is to allow our student/athletes the opportunity of developing good conditioning habits while working with current and/or future CRHS athletes while away from their regular school routine. We feel this will benefit them many times over for the coming 2024-25 competitive seasons at CRHS/BJH/CRJH/WMJH. The camp is staffed with CRHS coaches as well as coaches from our junior high feeders and some of our former student/athletes who are now in college. SAC camp is available to any student who will be a CRHS student in the fall of 2024 or who is in the feeder pattern for CRHS (must be going into 7th or 8th grade). If you should have any questions, please call our Athletic Administrative Assistant – RaeNelle Belch at 281-237-2472 or email her at RaeNelleEBelch@katyisd.org. We look forward to a great summer with our current and future CRHS athletes!

June 10th – July 31st (28 workouts)

Session 1 – Boys – 10th-12th	8:00 am	to	9:45 am
Session 2 – Boys – 7th/8th/9th	10:15 am	to	12:00 pm
Session 3 – Girls 7th-12th	12:00 pm	to	1:30 pm

Weekly: Monday – Tuesday – Wednesday – Thursday
No SAC Camp – Fridays (also July 4th, 22nd, and 23rd)

Registration and Payment Information

Registration/Payment (\$125) for SAC Camp

<https://katyisd.revtrak.net/summer-camps/summer-recreation-prog-/sac-camp/>

There will be a sportsYou group page for SAC (handout to join will be available in May and distributed to athletes in grades 7-12)

**Must have a current Katy ISD physical form on file.
Physicals from the 2023-24 school year count.**



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SUMMER SKILLS SESSIONS

In addition to our SAC camp, we will have sport-specific skills sessions (no additional cost) for any athlete that is grades 7-12 and in our feeder pattern. The times for these skills sessions are set by the head coach of each sport. If you are a football player the times coincide with the SAC Camp schedule and are listed below:

FOOTBALL SKILLS SESSIONS:

10th/11th/12th Grade – 7:00am-8:00am (Days TBD)

7th/8th/9th Grade – 9:40am-10:15am (Days TBD)

There will be a finalized schedule for Skills workouts later in the spring. They will be posted on the CRHS SAC/Skills 2024 sportsYou page. The code to join will be given to athletes at the junior high and high school in the month of May. Please join for updates, cancellation information due to weather, etc.

ALL OTHER SPORTS:

Please contact the Cinco Ranch HS head coach to see if they will be offering these sessions during the summer and for dates/times:

Baseball	Brett Wallace	brettjwallace@katyisd.org
Boys Basketball	Neil King	neilaking@katyisd.org
Boys Track/CC	Brandon Beasley	georgebbeasley@katyisd.org
Boys Soccer	Ryan Searle	ryansearle@katyisd.org
Football	Chris Dudley	chrisdudley@katyisd.org
Girls Basketball	Tamara Collier	tamaracollier@katyisd.org
Girls Soccer	Roger Ramirez	rogerramirez@katyisd.org
Girls Track/CC	Dana Mathis	danalmathis@katyisd.org
Golf	Rob Walker	robertpwalker@katyisd.org
Softball	Suzanne Reeve	suzannemreeve@katyisd.org
Swimming	John O’Hearne	johnjo’hearne@katyisd.org
Tennis	Raymond Flood	raymondvflood@katyisd.org
Volleyball	Danielle Wells	daniellelwells@katyisd.org
Wrestling	Bill Dushane	williamrdushane@katyisd.org

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Katy Independent School District
Athletics Department
Parent/Guardian Hold Harmless Agreement

I _____ agree to indemnify and hold harmless Katy Independent School District, any employee, administrator and/or board member from actions or lack of action regarding any accident, injury, or illness, damage to your property or any other medical condition resulting in my participation in the following activity: Cinco Ranch High School Strength and Conditioning Camp.

I understand if I am a member or a parent/guardian of a member of the Cinco Ranch High School Strength and Conditioning Camp, the District Insurance does not cover any injuries sustained while participating in this event. Any and all medical claims must be filed with the participant's "private insurance carrier" if available.

I agree to indemnify and hold Katy Independent School District its trustees officers, employees or agents harmless from any and all claims against Katy Independent School District its trustees, officers, employees or agents made by third parties which result from the above-named person's actions while participating in this event.

Furthermore, I hereby expressly release and agree to hold harmless on my behalf and on behalf of the above named person, the Katy Independent School District, its trustees, officers, employees or agents from all claims or actions of whatsoever nature, in tort or in contract, that I or the above named person ever had, now has or may have in the future against the Katy Independent School District its trustees, officers, employees or agents which result from the above named person's participation in this event.

In consideration of the above-named person being permitted to participate in this program, I expressly waive all claims to which I may otherwise be entitled, including but not limited to, claims for medical expenses and wages.

I recognize that the Katy Independent School District, its trustees, officers, employees or agents have sovereign immunity and governmental immunity under Texas Law. I understand that the Katy Independent School District, its trustees, officers, employees or agents are not waiving any sovereign or governmental immunity that it or they have under Texas or other applicable law.

I, the undersigned, have read this release and understand all its terms. I have executed it voluntarily and with full knowledge of its significance.

Signature of Student

Date Signed

Printed Name of Student

Signature of Parent/Guardian

Date Signed

Printed Name of Parent/Guardian: _____

Address: _____

City, State and Zip Code: _____

Phone Number: _____