

EDISON GOLDEN BEARS ATHLETICS



Summer Strength & Conditioning

2023

THINGS NEED BEFORE ATTENDING

ATTENDING and PARTICIPATION • Workouts will be planned • Hand sanitizer will be plentiful and available

- Students must provide a **WATER BOTTLE** and workout clothing
- Students are not permitted to use the Locker Rooms or showers on campus. They should immediately return home to shower at the end of the workout.
- Coaches will wear face masks during Phase
- Athletes may wear a face covering, but it is not recommended during exercise
- No parents or media are permitted in the facilities or on the fields during workouts.



WHO CAN PARTICIPATE?

Incoming 9th - 12th graders.

We encourage all athletes to participate in this camp!

Edison Golden Bears Athletics is dedicated to building a strong future in athletic excellence!

WHEN WILL THE CLINIC BE HELD?

DATES:

Monday - Thursday

June 5- July 28th

(Closed July 3rd-7th) Fourth of July week

7:00 am – 8:45 am

8:45-9:30 Football skills

Where will the clinic be held?

Edison new field house in front of the track.

Drop and pick up in front of the field house parking lot on Santa Monica Street.

My email is jmonreal@saisd.net

WHAT ARE THE AREAS OF INSTRUCTION?

SPEED, AGILITY, STRENGTH,

QUICKNESS & CONDITIONING!

Improved speed, agility, strength and quickness will increase the overall performance of the student athlete.

This intensive seven-week program will mold our participants into explosive athletes.

The **TEAM** will become a much better unit with improved abilities from each of its individual members.

WHO ARE THE INSTRUCTORS?

The Coaching Staff from Edison High School

Football Dates and freshman Camp

****IF YOU ARE PLANNING PLAY FOOTBALL AND OTHER SPORTS HERE AT EDISON YOU NEED TO GET YOUR PHYSICAL.**

***Free Freshman Football Camp

Date: July 24-27 (8:45 am- 11:00am)

Site: Edison Fieldhouse and Football field

***Football official start

Date: Aug. 8th

****Scrimmage vs Pearsall H.S.

Aug. 18th at Edison High School

****First game vs Kennedy High School

Aug. 24th at Edison High School

EDISON GOLDEN BEARS ATHLETICS



Summer Strength & Conditioning

FOR MORE INFORMATION:

Male Coordinator: Jesse Monreal
JMONREAL@SAISD.NET

Female Coordinator: Jennifer Bocanegra
JBOCANEGRA1@SAISD.NET



WHO?

- Incoming 7th - 12th graders (Edison Zone)
- We encourage all athletes to participate.

Edison Athletics is dedicated to building a strong program and it starts in the off-season.

WHEN?

DATES:

June 5 – July 26

(Closed July 3-7)

Monday – Thursday

Boys – Field House/Primary Gym 7:00am – 9:00

Girls – Secondary Gym 8:30 am – 10:30

Drop off area - in front of the school/tennis courts

- Workouts will follow strict safety guidelines.
- Students must provide their own towel, **WATER BOTTLE** and workout clothing. **NO SHARING!!!**
- Face Mask are optional and will follow SAISD policy.
- Students are not permitted to use the locker rooms or showers on campus.
- No parents or media are permitted in the facilities or on the fields during workouts.

WHAT ARE THE AREAS OF INSTRUCTION?

SPEED, AGILITY, STRENGTH,
QUICKNESS & CONDITIONING!

Improved speed, agility, strength, and quickness to the overall performance of the student athlete.

This intensive 7-week program will mold our participants into explosive athletes.

The overall **TEAM** will benefit from the development of better performing individuals who have improved abilities.



MALE



FEMALE

STUDENT NAME

MIDDLE SCHOOL/ACADEMY/ EDISON

GRADE (23-24)

DATE OF BIRTH

ADDRESS

PARENT NAME

()

/()

PARENT #

EMERGENCY #

RELEASE OF LIABILITY

I, _____, the undersigned parent/guardian of, _____, authorize my child full participation in the Edison Summer Strength and Conditioning Program, Skills Camp, and its related activities. It is my understanding, the activities that make up the SS&C and camps are not without risk of injury.

In consideration of my child's participation, I hereby release, waive, discharge and covenant not to sue SAISD, Edison HS, and their employees for liability, claims, demands, actions, and causes. The causes of action arising out of, from or related to any loss, damage, or injury sustained by my child. Whether caused by negligence, or otherwise, while participating in such activities or while in, on, or upon SAISD or Natatorium premises where the activity is being conducted.

I also understand I should make sure my child has a proper sport physical and is covered by medical insurance, in the event of a serious accident. I give permission for any medical care or treatment by a physician, surgeon, hospital, or medical care facility that may be required including transportation and accept the responsibility for the cost.

Signature of Parent

Insurance Provider

Hospital Preferred

SUMMER SKILLS & CAMPS

FOOTBALL Coach Monreal JMonreal@saisd.net
June 5 – July 26 Field House 9:00-10:00 7th – 12th Grade

CROSS COUNTRY

(Girls) Coach Oropez boropez@saisd.net (Boys) Coach Camacho jcamacho2@saisd.net
All Summer starting June 5th Field House 6:00am-8:00am 7th – 9th Grade

SWIM CAMP

June 5-8 & 12-15 Coach Gallardo AGallardo3@saisd.net
Bussed to Natatorium 7:00am 7th – 12th Grade

SUMMER GOLF

June 15,22,29 July 6, 13 Coach Stein JStein1@saisd.net
San Pedro Range 5:00pm -6:30 7th – 12th Grade

GIRLS BASKETBALL CAMP \$20 June 5-7

Coach Johnson AJohnson9@saisd.net
Primary Gym 12:30-3:30 7th – 9th Grade

BOYS BASKETBALL

June 5- August 4 Coach Cardenas MCardenas4@saisd.net
Primary Gym 7:15 am - 9:15 7th – 12th Grade

VOLLEYBALL

CAMP - \$20 June 5-7 Coach Quesada MQuesada1@saisd.net
Primary Gym 8:30-11:30 7th – 9th Grade

SUMMER TENNIS

June 5-July 26 (Mon. - Wed.) Coach Zurita AZurita@saisd.net
Tennis Courts 4:00-5:30 8th – 12th Grade

GIRLS SOCCER

Coach Mrak KMrak1@saisd.net

BOYS SOCCER

Coach Vidal JVidal2@saisd.net
Email about Summer 7-on-7 League for Boys and Girls

BASEBALL

Coach Montoya TMontoya1@saisd.net

SOFTBALL

Coach Bocanegra JBocanegra1@saisd.net