



# BOERNE HIGH STRENGTH AND CONDITIONING CAMP 2023

**WHO CAN ATTEND:** Incoming 7th-12th Grade Athletes who will be attending Voss, North, or Boerne High in the Fall

**DATES:**

Week One	June 5-8th
Week Two	June 12-15th
Week Three	June 19-22nd
Week Four	June 26-29th
Week Five	July 10-13th
Week Six	July 17-20th

**TIME & LOCATION:** 9-12th Girls 7-9:00 a.m. @ BHS  
7-8th Girls 7-8:00 a.m. @ BHS  
7-8th Boys 8-9:00 a.m. @ BHS  
9-12th Boys 9:30-11:30 a.m. @ BHS

**INVESTMENT: \$175**

All campers will REGISTER online this year using the link or scanning the QR code below:

[https://docs.google.com/forms/d/e/1FAIpQLScsr6pPhu45FWLLChkZ90ZSAWDYmzseilO5vjcWe8v3QRqqUA/viewform?usp=share\\_link](https://docs.google.com/forms/d/e/1FAIpQLScsr6pPhu45FWLLChkZ90ZSAWDYmzseilO5vjcWe8v3QRqqUA/viewform?usp=share_link)

[https://docs.google.com/forms/d/e/1FAIpQLScsr6pPhu45FWLLChkZ90ZSAWDYmzseilO5vjcWe8v3QRqqUA/viewform?usp=share\\_link](https://docs.google.com/forms/d/e/1FAIpQLScsr6pPhu45FWLLChkZ90ZSAWDYmzseilO5vjcWe8v3QRqqUA/viewform?usp=share_link)



If you have questions concerning the SAC camp contact:  
Che Hendrix @ [chenon.hendrix@boerneisd.net](mailto:chenon.hendrix@boerneisd.net)

Link for online PAYMENT: <https://boerneisd.revtrak.net/athletics/#/f/bhs-strength-and-conditioning-camp-2023>