CHAMPIONS COURSE 2023

Dates:	June 12 th – July 20TH
Days:	***No Champions Course July 3th or 4th *** Monday - Thursday
Times:	High School (9 th -12 th) 7:30 – 9:30 AM Junior High (7 th – 8 th) 10:30 – 12:30 PM
Site:	High School Weight Room - Practice Field - Gym II – Track Sports Specific Skills Practice – 9:30 – 10:30 AM
Age:	Incoming 7 th – 12 th Grade
Cost:	\$20.00

(MUST HAVE A CURRENT PHYSICAL ON FILE, PRIOR TO ENROLLMENT)

Parents and Students,

The Champions Course has been a great tool for the student athletes of Calhoun County. Over the past 18 years, thousands of young men and women have gone through our summer off-season program and reaped the rewards of the Champions Course. Coaches will work on basic skills and promote safety and proper weightlifting techniques. Over 300 of our male and female athletes attended the Champions Course last summer.

We feel very strongly at Calhoun High School that a lot of our success is because of a good summer off-season program. Champions Course has proven to be beneficial for all participants, boys and girls, over the past 18 summers. Our coaching staff promises to help those attending to be prepared for the upcoming athletic season.

The UIL is also allowing athletes the opportunity to work on sports specific skills this summer. Each athlete is allowed 90 minutes per day on skills but no more than 1 hour per sport. Most of our coaches have agreed to hold their skills practices from 9:30 – 10:30 AM so it allows both high school and junior high kids to attend in between Champions Course. There is no cost for skills practice. If you have any questions, please contact:

Alicia Fivecoat, Athletic Secretary: 361-551-2696 (fivecoata@calcoisd.org) Jenna Buzek, Girls Coordinator: 361-551-2696 (buzeki@calcoisd.org) Richard Whitaker, Athletic Director: 361-552-3629 (whitakerr@calcoisd.org)

Sincerely,

Richard Whitaker

XXXL

NUMBER

Name This coming Fall Grade Level:

Sports you will play this coming school year:

Shirt Size:	Youth S (8-10)	Youth	ו M (1	10-12)	Youth L (12-14	4)
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Adult XXL Adult Adult S Adult M Adult L Adult XL

PARENT/GUARDIAN SIGNATURE

PHONE

Cash	Check #	Make checks payable to CHS	Athletic Activity Fund
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