

# FOX TECH HIGH SCHOOL

## BUFFALO STRENGTH AND CONDITIONING

WEEK 1 JUNE 3 - JUNE 6

WEEK 2 JUNE 10 - JUNE 13

WEEK 3 JUNE 17 - JUNE 20

WEEK 4 JUNE 24 - JUNE 27

NO S & C CAMP THE WEEK OF JULY 4 (JULY 1-7)

WEEK 5 JULY 8 - JULY 11

WEEK 6 JULY 15 - JULY 18

WEEK 7 JULY 22 - JULY 25

WEEK 8 JULY 29 - AUG 1

8:30 AM-11:30 AM MONDAY-THURSDAY

FOX TECH MAIN GYM

SCAN THE QR CODES TO COMPLETE THE ATHLETICS FORMS  
AND SIGN UP FOR CAMP.



### SAISD RANK ONE FORMS

COMPLETE: HANDBOOK  
ACKNOWLEDGMENT, ATHLETIC  
PARTICIPATION, AND MEDICAL  
HISTORY LINKS



### S&C SIGN UP



PRE DISTRICT REGISTRATION- MUST COMPLETE BEFORE THE 1ST DAY

