



Stockton Girls Strength and Conditioning Camp

Dear Parents and Guardians:

Stockton Jr. High takes great pride in living up to the standards set forth by Conroe ISD. Our goal is to provide a safe learning environment for our Student-Athletes. With Covid-19, we face many challenges, yet we look forward to meeting it head-on. We look forward to working with parents and students to ensure their safety as well as ours.

We are asking for cooperation when we start our camp safely at our campus, Stockton Jr. High, on August 12th. Attendance is optional but we encourage all girls, both 7th and 8th grades to attend. Below you will find our plans for starting our camp efficiently. We hope everyone is staying safe and healthy and we look forward to our future Stallions growing as athletes. Camp will go from 4:15PM - 5:15PM Monday through Thursday ending on August 27th.

1. Student-Athletes need to be in the parking lot outside the gym for temperature checks and sign in at 4:00 PM.
2. Student-Athletes need to bring a jug of water, not just a bottle. We need to ensure that they are hydrated and maintain hydration throughout the camp.
3. Please make sure to fill out the Covid-19 camp check-in prior to arriving which is located on the CHS Athletic website.
4. Student Athletes are required to wear a mask at all times. Athletes are allowed to pull the mask down for short breaths of air if needed, but the mask has to be replaced for stretching and light running drills.
5. Athletes need to have athletic shoes.
6. All 7th grade students are required to have a current 2020 physical exam by a doctor. Returning 8th grade Student Athletes may use their physicals from 2019-2020.
7. If a parent stays for the camp, they should remain in the parking lot. Parents may not wait inside the gym. Please maintain social distancing while waiting.

We are working to create new traditions and we want our 7th and 8th graders working together to better themselves and our TEAM. The safe and wellbeing of your child is the most important thing to us. We will ensure that all precautions and safety measures are followed and abided by. If you are having second thoughts about your child attending the camp due health concerns, please contact Coach Warren at [@cwarren@conroeisd.net](mailto:cwarren@conroeisd.net). If parents are wanting to stay, please practice social distancing and have a mask. We want your child there and want them to be a part of a winning tradition. GIDDY UP!

Coach Cynthia Warren