

Camp Philosophy

In modern day athletics, performance enhancement training has become a necessity to compete at the highest level in sports. This camp is designed to provide Langham Creek High School Athletes of ALL SPORTS with the knowledge necessary to maximize their physiological potential.

Athletes are trained through specific drills that will help develop their strengths and work to eliminate their weaknesses. Various speed, agility, and quickness techniques will guide the athletes through the beginning stages of the program to the finish.

It is important to understand that this is not a football camp, or softball camp. This training program is designed to improve the athletic performance of all athletes. We are not building bodybuilders or powerlifters, we are here to build athletes.

IMPORTANT NOTE:

Our coaches will not only teach the essentials of strength and conditioning, but we will also strive to promote hard work, dedication, team work, and the tenacity to overcome the mental and physical demands that can occur while training.

As an athletic department, we are trying to foster an environment that promotes positive reinforcement to encourage our young athletes in everything they do. So we expect each athlete to follow the rules in accordance with CFISD. Also each athlete will be asked to participate to their best ability. If an athlete will not follow the basic rules and procedures, he/she will be asked to leave.

**ALL SPORT
SPEED, AGILITY,
STRENGTH AND POWER
DEVELOPMENT PROGRAM**

STP

LANGHAM CREEK LOBOS

**"MAX OUT YOUR
POTENTIAL"**



SUMMER TRAINING PROGRAM 2010

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