

O'CONNOR MIDDLE SCHOOL PANTHER CAMP 2026

Camp Dates : June 8th - July 16th

Camp Objective:

The O'Connor Summer Strength and Conditioning Camp is designed to improve the explosive power, strength, speed, quickness, flexibility, and agility of all participants. The camp will be conducted by the O'Connor High School Coaching Staff Monday through Thursday. The camp will begin on June 8th and conclude on July 16th. Camp registration is \$85.

All incoming 6th - 8th grade male student athletes from the O'Connor attendance zone are eligible to participate.

Camp Information:

Dates: Monday, June 8th - Thursday, July 16th

When: Mon. - Thur.

Time: Boys Middle School Camp: 10:00 AM-12:00 AM

Who: Incoming 6th - 8th Grade Student Athletes

Where: O'Connor High School

Cost: \$85.00 (HomeTown Ticketing)

Payment Method: Please use the HomeTown Ticketing QR code to complete the payment process.

Camp Focus:

- Power and Strength...participants will engage in a weight program designed to increase explosive power and strength through the use of ground-based, multiple joint weight exercises, plyometric, and agility drills.
- Speed, Agility, Coordination...activities and exercises will be utilized with an emphasis on proper technique so that permanent, positive changes in acceleration, change of direction, and top speed running will be realized.
- Sport Specific Skills...Coaches of football, basketball, baseball, soccer, and track will conduct drills targeted toward improving each athletes' abilities for the sports they will participate in at O'Connor H.S.

Payment Link



Registration



Contact Phone Number: 397-4860 (Coach Malesky)
Email: james.malesky@nisd.net

2026 Panther Camp Workout Dates

June

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8 Strength & Conditioning	9 Strength & Conditioning	10 Strength & Conditioning	11 Strength & Conditioning	12
15 Strength & Conditioning	16 Strength & Conditioning	17 Strength & Conditioning	18 Strength & Conditioning	19
22 Strength & Conditioning	23 Strength & Conditioning	24 Strength & Conditioning	25 Strength & Conditioning	26
29 OFF	30 OFF			

July

		1 OFF	2 OFF	3
6 Strength & Conditioning	7 Strength & Conditioning	8 Strength & Conditioning	9 Strength & Conditioning	10
13 Strength & Conditioning	14 Strength & Conditioning	15 Strength & Conditioning	16 Strength & Conditioning	17
20 OFF	21 OFF	22 OFF	23 OFF	24
27 OFF	28 OFF	29 OFF	30 OFF	31