

O'CONNOR HIGH SCHOOL PANTHER CAMP 2026

Camp Dates : June 8th - July 30th

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 30th. Camp registration is \$85. **All incoming 9th - 12th grade male student athletes from the O'Connor attendance zone are eligible to participate.**

Camp Information:

Dates: Monday, June 8th - Thursday, July 30th

When: Mon. - Thur.

Time: Boys 10th-12th Session I: 7:30 AM-9:30 AM
Boys 9th Session II: 10:00 AM-12:00 AM

Who: Incoming 9th-12th grade male student athletes from the O'Connor attendance zone

Where: O'Connor High School athletic facilities
Cost: \$85.00 (HomeTown Ticketing)

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

Payment Link



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.

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 7 on 7 | 9 Strength & Conditioning 7 on 7 | 10 Strength & Conditioning 7 on 7 | 11 Strength & Conditioning Special Teams | 12 |
| 15 Strength & Conditioning 7 on 7 | 16 Strength & Conditioning 7 on 7 | 17 Strength & Conditioning 7 on 7 | 18 Strength & Conditioning Special Teams | 19 |
| 22 Strength & Conditioning 7 on 7 | 23 Strength & Conditioning 7 on 7 | 24 Strength & Conditioning 7 on 7 | 25 Strength & Conditioning Special Teams | 26 |
| 29 OFF | 30 OFF | | | |

July

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