

TAFT HS

GIRLS POWER CAMP & SPORT SPECIFIC TRAINING

Held at Taft HS, run by the Taft coaches and our feeder middle schools for the student athletes of Taft HS and the incoming 9th graders **AT NO COST**. Middle and high school student athletes zoned to or enrolling at THS or CAHS are welcome as well. Please wear proper workout attire and have your hair pulled back. For more information, contact Taft Assistant Athletic Coordinator **Kaelen Morrow** or the Head Coach of the sport you're interested in.

CAMP DATES

Week 1 - June 17-20

Week 2 - June 24-27

Week 3 - July 8-11

Week 4 - July 15-18

Week 5 - July 22-24

*DEAD WEEK JULY 1-4



**BRING YOUR OWN
WATER
REFILL STATIONS
AVAILABLE**

REGISTRATION



Sport Specific Information:

VOLLEYBALL:

Skills + Power Camp 9-12 grade Mon-Thu 8-10am
Open Gym: Mon & Wed 10-10:30am
kaelen.morrow@nisd.net

BASKETBALL:

Skills + Power Camp 9-12 grade Mon-Thu 8-10am
Open Gym: Mon & Wed 10-10:30am
meagan.mulkey@nisd.net

SOFTBALL:

Skills: Mon & Tue 8-9am
samantha.bourassa@nisd.net

MIDDLE SCHOOL:

Power Camp Mon-Thu 9-11 am
Open Gym: Mon & Wed 10-10:30am

OTHER ATHLETES:

Power Camp-Mon-Thu 9-11am

SOCCER:

contact scott.davis@nisd.net