

**O'CONNOR HIGH SCHOOL  
ATHLETIC DEPARTMENT**



**2022  
PANTHER CAMP**



**STRENGTH, SPEED & FOOTBALL  
SKILLS**

**Monday, June 13 -  
Thursday, July 29,  
2022**

*ALL INCOMING ATHLETES MUST  
HAVE A CURRENT PHYSICAL AS  
OF APRIL 1, 2022 IN ORDER TO  
PARTICIPATE*

**Camp Objectives**

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 13th and conclude on July 29th. Camp registration is \$85. **All incoming 9th - 12th grade male and female student athletes from the O'Connor attendance zone are eligible to participate.**

**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.

**Flexibility and Mobility**...emphasis will be given to increasing participant flexibility and mobility by teaching proper mechanics and utilizing specific exercises designed towards increasing the athlete's full range of motion.

**Injury Prevention**...participants, through increased flexibility, mobility, and core strength will enhance joint stabilization, thus reducing the likelihood of future athletic injury.

**2022 CAMP REGISTRATION**

**SCAN  
TO  
COMPLETE  
FORM**



**Dates:** Monday, June 13th - Thursday, July 29th

**When:** Mon. - Thur.

**Holidays:** Indicated on Calendar Below

**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 & female student athletes from the O'Connor attendance zone

**Where:** O'Connor High School athletic facilities

**Cost:** **\$85.00** (cash, check, or money order)

**Payment Method:** Please make checks payable to O'Connor High School (\$25 return check fee). Payment may be sent with your student-athlete on first date of Strength and Conditioning Camp or mail payment to:

**O'Connor High School**

**12221 Leslie Rd.**

**San Antonio, Texas 78203**

**Contact Phone Number:** 397-4860 (Coach Malesky)

**Email:** james.malesky@nisd.net

***2022 WORKOUT DATES***

**JUNE**

| MONDAY         | TUESDAY        | WEDNESDAY      | THURSDAY       | FRIDAY |
|----------------|----------------|----------------|----------------|--------|
|                |                | 1              | 2              | 3      |
| 6              | 7              | 8              | 9              | 10     |
| 13 <b>CAMP</b> | 14 <b>CAMP</b> | 15 <b>CAMP</b> | 16 <b>CAMP</b> | 17     |
| 20 <b>CAMP</b> | 21 <b>CAMP</b> | 22 <b>CAMP</b> | 23 <b>CAMP</b> | 24     |
| 27 <b>CAMP</b> | 28 <b>CAMP</b> | 29             | 30             |        |

**JULY**

| MONDAY         | TUESDAY        | WEDNESDAY      | THURSDAY       | FRIDAY |
|----------------|----------------|----------------|----------------|--------|
|                |                |                |                | 1      |
| 4              | 5              | 6              | 7              | 8      |
| 11 <b>CAMP</b> | 12 <b>CAMP</b> | 13 <b>CAMP</b> | 14 <b>CAMP</b> | 15     |
| 18             | 19 <b>CAMP</b> | 20 <b>CAMP</b> | 21 <b>CAMP</b> | 22     |
| 25 <b>CAMP</b> | 26 <b>CAMP</b> | 27 <b>CAMP</b> | 28 <b>CAMP</b> | 29     |