

DOBIE LONGHORNS

#MAKEITCOUNT!

YOU CAN PAY STUDENT FEES AT THE PASADENA WEB STORE. PLEASE VISIT <https://pasadenaisd.revtrak.net>

THE LINK ABOVE, THEN:

1. CLICK HIGH SCHOOLS
2. CLICK ATHLETICS
2. CLICK DOBIE
4. CLICK DHS FOOTBALL PAYMENTS
5. ENTER AMOUNT (\$30)
6. ENTER LAST NAME/ID
7. ENTER ITEM PAYING—STRENGTH CAMP

Pasadena Independent School District does not carry insurance for Summer fitness/recreation programs. Parents will be responsible for any medical expenses incurred."



CALENDAR

JUNE				
13 Workout 1	14 Workout 2	15 Workout 3	16 Workout 4	17 No Workout
20 Workout 5	21 Workout 6	22 Workout 7	23 Workout 8	24 No Workout
JUNE/JULY				
27 Workout 9	28 Workout 10	29 Workout 11	30 Workout 12	1 No Workout
4 No Workout	5 Workout 13	6 Workout 14	7 Workout 15	8 No Workout
11 Workout 16	12 Workout 17	13 Workout 18	14 Workout 19	15 End of Camp

Session I 7-9am Session II 9-11am



CAMP DIRECTOR: MIKE NORMAN
DOBIE HIGH SCHOOL
10220 BLACKHAWK BLVD.

PHONE: 713-740-0380

FAX: 713-740-5953

E-MAIL: MNORMAN@PASADENAISD.ORG

DOBIE LONGHORNS FOOTBALL 2015 BI-DISTRICT PLAYOFFS



Conditioning Camp 2016

June 13–July 14

SESSION 1 7-9AM

SESSION 2 9-11AM

(Mon.–Thurs.)

Open to all incoming 9-12
graders

Dobie High School Summer Conditioning Camp

THE DOBIE HIGH SCHOOL COACHING STAFF INVITES ALL PARTICIPANTS IN DOBIE HS ATHLETICS TO ATTEND THE ANNUAL STRENGTH AND CONDITIONING CAMP. THERE WILL BE TWO SESSIONS FROM 7-9AM. THE SECOND SESSION WILL BE AVAILABLE FOR ALL TO ATTEND FROM 9-11AM.

*EXTENSIVE INDIVIDUAL STRENGTH TRAINING

*SPEED AND CONDITIONING WORK OUTS

*CAMP T-SHIRT INCLUDED

Typical Camp Day

7:00 WORKOUT

8:00 CONDITIONING

9:00 END OF WORKOUT

9:00 WORKOUT

10:00 CONDITIONING

11:00 END OF WORKOUT

Questions: Call or email Mike Norman

mnorman@pasadenaisd.org

713-740-0380



DOBIE SUMMER CONDITIONING

WHO: DOBIE COACHING STAFF

WHEN: JUNE 13-JULY 14, 2016

SESSION 1 7-9AM

SESSION 2 9-11AM

WHERE: DOBIE HIGH SCHOOL

COST: \$40 PRE-REGISTRATION

\$50 FOR WALK-UPS

(CALL FOR SIBLINGS DISCOUNT)

WALK-UPS WILL BE ACCEPTED

PRE-REGISTRATION DEADLINE: THURSDAY JUNE 10, 2016

NO PERSONAL CHECKS

CASH/MONEY ORDERS/CREDIT CARD

MAIL TO: DOBIE HIGH SCHOOL

Attention: Mike Norman

10220 Blackhawk Blvd.

Houston, Tx 77089



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- CAMP

CONDITIONING CAMP

REGISTRATION INFORMATION

DETACH AND MAIL WITH REGISTRATION

NAME: _____

ADDRESS: _____

HOME PHONE: _____

CELL PHONE: _____

EMERGENCY PHONE: _____

EMAIL: _____

ADULT SHIRT SIZE: _____

GRADE ENTERING 2016: _____

SPORT: _____

PLEASE CHECK ONE

SESSION I:(7-9AM) _____

SESSION II:(9-11AM) _____

Waiver of claims: I, as parent or guardian, hereby give permission for my child to participate in the summer strength camp. I acknowledge that he is physically able to participate activities. I hereby authorize the directors to act for me in their best judgment in a medical emergency. I acknowledge that I will be responsible for any cost through family medical insurance or otherwise, incurred due to injury or sickness to my son. I hereby waive any claims I might have against the camp, directors, or the institution providing the facilities. **This athletic camp/clinic follows guidelines set forth by Pasadena ISD and the UIL**

Parent/Guardian Signature: _____

What to Bring: Shorts, T-shirts, tennis shoes, cleats, water bottle, sunscreen, medications