

Silsbee Tiger Athletics 2019 SAC Camp

Participants: Incoming 7th, 8th, 9th-12th (boys and girls)

Location: Silsbee High School (4 days a week, 4 week camp)

Sac Camp Starts - Monday, June 17, 2019

Last Day of Sac Camp - Thursday, July 18, 2019

Wednesday, July 3, 2018 – Thursday, July 11, 2017 (weight room will be closed/No Sac Camp)



Camp Description

Program will emphasize instruction in strength training, agility drills and training, and conditioning exercises.

This camp will be instructed by Silsbee High School Coaches

Camp Time

9:30 am – 11:30 am

What to Bring

Workout clothing, preferably light colored and breathable, athletic shoes and/or cleats. Athletes in inappropriate clothing will be sent home.

Miscellaneous Information

Students must live in the Silsbee ISD Attendance zone.

All participants must have a current physical on file in the training room. Incoming 7th graders, 9th graders, 11th graders, and new students to the district must have a new physical on file. Please email Silsbee ISD athletic trainer john.williamson@silsbeeisd.org if you have any questions about physicals.

Questions regarding Silsbee Tiger Sac Camp contact randy.smith@silsbeeisd.org or cory.harrison@silsbeeisd.org