

DESERVE VICTORY!

Strength and Conditioning camp Includes:

- 1 1/2 hours of strength and conditioning
- specifically designed to increase:
 - strength and endurance
 - speed and quickness
 - agility

45 minutes are dedicated to weightroom; All athletes will be trained in proper techniques and safety in the weightroom. Rising freshman athletes will utilize body weight exercises such as push-ups, pull-ups, etc... as well as proper techniques using wooden bars (no weights). High School athletes will train for strength gain and explosive power utilizing a variety of lifts.

45 minutes will be used for Speed, Agility and Quickness Training; twice a week MVP Performance of San Antonio will work with Holy Cross athletes to maximize training opportunities. This element will include plyometric training, resistance training and sprint technique training. We will also use sand pit and water resistance training in pool during the summer camp.

STRENGTH AND CONDITIONING CAMP SCHEDULE AND FEES

Cost

\$200 for high school athletes

\$150 for incoming freshman athletes

Schedule

7:00 a.m. to 8:30 a.m. on the following days:

June 7, 8, 9

June 13, 14, 15, 16

June 20, 21, 22, 23

June 27, 28, 29, 30

July 11, 12, 13, 14

July 18, 19, 20, 21



Holy Cross of San Antonio

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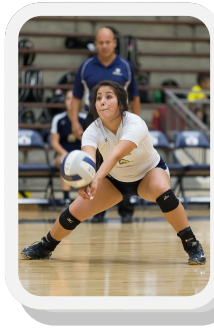
PLAY LIKE A CHAMPION

ATHLETICS AT HOLY CROSS



KNIGHTS

TEAM SPORTS



Holy Cross has fielded some of the most competitive teams in the city of San Antonio historically.

Over the past 6 years, the foot-ball team has won or shared the district championship 5 times, has won 4 area championships, and competed in 4 regional championships. The volleyball team has won 2 district titles, 4 playoff appearances, 2 regional tournaments, and 1 state tournament appearance. The softball team has made the playoffs for the last 9 years and has reached the regional championship for the past 4 years. In addition, the Knights have won district championships in baseball, have a district championship in boys basketball, and playoff appearances in girls basketball and soccer (boys and girls).



INDIVIDUAL SPORTS

Holy Cross is the home of champions as evidenced by World Champion powerlifter Joseph Pena. Joe set four world records and won the world powerlifting championship in Finland last summer. He is currently the defending state champion for the THSPA. Ernest Perez won the silver medal at the TAPPS state track and field championships last spring in Waco as a freshman.



These are just two examples of the success the Knights have had in individual sports over the past few years. Holy Cross has crowned our first girl's track and field champion as well as numerous champions and medalists in boys track and field as well.



COACHES

Coach Mike Harrison-Athletic Director/Head Football Coach of Holy Cross of San Antonio; Coach Harrison has 28 years of coaching experience and has coached a variety of sports including football, basketball and track.

Coach Brian Ortiz-Athletic Assistant/Offensive Line/Head Strength Coach; Coach Ortiz has played football collegiately and has coached two state champions in powerlifting while at Holy Cross.

Coach Roy Salas-Assistant Athletic Director/Assistant Football; Coach Salas has played football at the collegiate and professional level; he is a former high school head football coach.

Coach Vince Padilla-Middle School Athletic Director at Holy Cross of San Antonio.

Coach John Pena-Assistant Strength Coach at Holy Cross of San Antonio.



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