

## 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 weight-room; All athletes will be trained in proper techniques and safety in the weight-room. 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

\$175 for high school athletes

\$150 for incoming freshman athletes and middle school

### Schedule

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

June 5, 6, 7, 8

June 12, 13, 14, 15

June 19, 20 21, 22

June 26, 27, 28, 29

July 5, 6, 7

July 17, 18, 19 ,20



### **Holy Cross of San Antonio**

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Holy Cross of San Antonio

PLAY LIKE A CHAMPION

## HOLY CROSS 2017 SUMMER STRENGTH AND CONDITIONING PROGRAM



**KNIGHTS**

## TEAM SPORTS



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

Over the past 7 years, the foot-ball team has won or shared the district championship 5 times, has won 3 area championships,

competed in 5 regional championships, winning 1 regional championship and one state semifinal appearance. The volleyball team has won 3 district titles, 5 playoff appearances, 3 regional tournaments, and 2 state tournament appearances, including a state championship appearance last year. The softball team has made the playoffs for the last 12 years and has reached the regional championship for the past 5 years. In addition, the Knights have won 3 consecutive 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 two summers ago. He is currently the defending state champion for the THSPA. Holy Cross of San Antonio track team sent 8 events to the state track meet this past year.



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 (Camp Director)**-Athletic Director/Head Football Coach of Holy Cross of San Antonio; Coach Harrison has 29 years of coaching experience and has coached a variety of sports including football, basketball and track.

**Coach Brian Ortiz (Assistant Camp Director/High School Strength Coach)**-Athletic Assistant/Offensive Line/Head Strength Coach; Coach Ortiz has played football collegiately and has coached four state champions in powerlifting while at Holy Cross.

**Coach Roy Salas (Middle School Strength Coach)**-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.

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