



2026 Summer Strength and Conditioning Camp

Summer Strength and Conditioning Camp for students entering the 7-12 grade in Bandera ISD. Must be enrolled in Bandera ISD. Must have physical on file to attend prior to participation in the camp.

Camp Start Date: June 1, 2026

Start Time: 12:00 AM

Camp End Date: July 23, 2026

End Time: 10:00:00 AM

Venue Name: BHS Weight Room

Venue Address: 474 Old San Antonio Rd, Bandera, TX 78003

Camp Cost: \$75.00

Questions: Joel Fontenot-Amedee jamedee@banderaisd.net (830) 460 - 3898

Special Notes:

What to Bring: Flats, cleats, appropriate athletic clothing. Please Bring Your Own Water Bottle Camp is Monday through Thursday from 8 -9:30 AM

Medical Info:

As a custodial parent or court-appointed guardian of participating child, I do release "Bandera High School's Strength and Conditioning Camp" and any of its agents, employees, or staff from all claims arising out of or connected with the child's participation in any of the "Bandera High School Strength and Conditioning Camp" activities. I provide this release because I am mindful that athletics, physical training and competition can be a dangerous undertaking regardless of how careful or prudent any person, firm, or facility might be. Furthermore, I give permission to the staff of "Bandera High School Strength and Conditioning Camp" to treat child or arrange for medical care or treatment deemed necessary. If circumstances permit, the staff will attempt to communicate via telephone with the following emergency contacts for child.