2023 Heights High School Strength, Speed, and Agility Camp

Heights High School

**When: June 12th - July 14th…Monday-Thursday** .

9:00-11:00 am

11:00 am-12:00 pm Football related activities

**What**: Speed/Agility/Conditioning/Weightlifting Camp

(Please bring shorts, t-shirt, cleats, and tennis shoes…

and most of all a BIG TIME WORK ETHIC!!!!!

**Where**: Heights Track, Football Field, and Weight room

Who: All current football players and incoming freshmen

Cost: $50 (Cash or Money Order made payable to Heights Football Booster Club)

Please contact Coach Dixon for more information at

832-654-3535 or via email at [sdixon1@houstonisd.org](mailto:sdixon1@houstonisd.org)

for more information.