



## **WESTSIDE FOOTBALL STRENGTH AND CONDITIONING CAMP**

### **Summer Workouts June 5th - August 4th (Mon-Thurs) (9-11a)**

Summer Workouts & 7on7 League Play. **You must workout with us if you want to play.**

We do track attendance for summer workouts.

### **9th Football Camp August 1st-3rd**

### **August 7th is the First Day of Practice**

**\*Football starts before school starts**

**\*First game is First Week of School**

**\*First game is August 24th @5p**

### **What you need:**

-Physical dated on or after May 15th

-\$35 School Insurance or School Waiver

### **Email:**

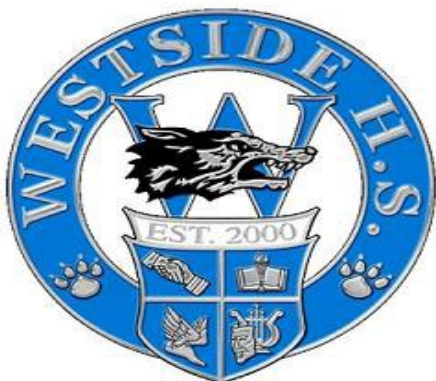
[JMason@Houstonisd.org](mailto:JMason@Houstonisd.org) / **Twitter:** @Jomaul66 (Coach Mason)

[JBaxter1@Houstonisd.org](mailto:JBaxter1@Houstonisd.org) / **Twitter:** @coach\_jbaxter (Coach Baxter)



# **SKILLS-UP CAMP** **FREE SUMMER** **BASKETBALL** **WORKOUTS**

Westside skills up summer workouts. Ball Handling, Shooting, Passing, Mental Toughness, and MORE will be enthusiastically taught, demonstrated, and practiced for FREE!! Although geared towards Middle and High school girls, ALL ARE WELCOME!



**Monday through  
Thursday Only  
11am to 1 pm**

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**Week ONE  
June 5– 8**

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**Week TWO  
June 12 – 15**

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**Week THREE  
June 19 – June 22**

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**Week FOUR  
None**

## **COACH GILLESPIE**

Westside High School  
14201 Briar Forest Dr.  
Houston TX 77077

[tgillesp@houstonisd.org](mailto:tgillesp@houstonisd.org)



# WESTSIDE WOLVES BASEBALL/SOFTBALL SKILLS CAMP



Incoming 2<sup>nd</sup> through 9<sup>th</sup> Graders June 5 – 8, 2023

Monday thru Thursday 9:00 AM – 12:00 PM (HITTING AND DEFENSE)

Tues/Wed ONLY 12:15 PM – 1:45 PM (PITCHING AND CATCHING)

Price -- \$100 for Hitting and Defense ONLY

Price -- \$60 for Pitching and Catching ONLY

Price -- \$130 for BOTH SESSIONS

**Where:** Memorial Ashford Little League (MALL)

- 12900 Westmere Dr. Houston, TX 77077

**Instructors:** Westside Baseball Coaching Staff, Westside Softball Coaching Staff, college players, former Westside players

**Equipment:** Campers must provide their own gear.

**Insurance:** Campers & staff will be covered by a group accident insurance policy

- Each camper must have a waiver on file to participate.
- The 2023 Wolves Baseball/Softball Camp will be a combination of the fundamentals of hitting, defense, pitching, & catching.

## **FAMILY DISCOUNT**

**\$25 OFF EACH ADDITIONAL IMMEDIATE FAMILY MEMBER ATTENDING THE WESTSIDE BASEBALL/SOFTBALL SKILLS CAMP**

### Registration Information:

1. EMAIL COACH BARROW TO REGISTER: [mbarrow@houstonisd.org](mailto:mbarrow@houstonisd.org) OR TO REGISTER ONLINE, **CLICK HERE.**
2. REGISTRATION FORM ALONG WITH THE WAIVER& REGISTRATION FEE MUST BE COMPLETED IN ORDER TO PARTICIPATE
3. WALK-UPS WELCOME

**PAY W/ CASH, CHECK or VENMO**  
**VENMO: @COACHBARROW**

**\*\*\*MAKE CHECKS PAYABLE TO:**  
**MIKE BARROW**

**MAIL TO:** MIKE BARROW  
14111  
SWALLOWFIELD DR.  
HOUSTON, TX 77077

## REGISTRATION FORM

MUST BE COMPLETED PRIOR TO  
PARTICIPATION

**USE QR CODE TO REGISTER!**



CAMPER'S NAME: \_\_\_\_\_

GRADE 2023-2024: \_\_\_\_\_ SCHOOL ATTENDING: \_\_\_\_\_ SHIRT SIZE: \_\_\_\_\_

PHONE: \_\_\_\_\_ PARENT EMAIL: \_\_\_\_\_

### WAIVER

I hereby authorize the staff at the Westside Wolves Baseball/Softball Camp to act for me according to their best judgment in any emergency requiring medical attention. I also hereby waive & release the instructors, the facility, and the camp from any and all liability for any injury and/or illness incurred while at camp.

SIGNATURE OF PARENT/ GUARDIAN \_\_\_\_\_ DATE: \_\_\_\_\_

Each ballplayer will be working within their age groups as we try to emphasize learning baseball/softball skills, sportsmanship, and a working attitude as each player tries to maximize his/her potential.

During the defensive segments of the camp, infield play, and outfield play will be instructed.

**Athletes should bring the following items:**

- Glove
- Bat
- Cleats
- Sunscreen
- Water bottle

**HITTING AND DEFENSE CAMP (MONDAY – THURSDAY)**

- Camp Introduction
- Hitting Evaluation
- Catching/Throwing Evaluation with Radar
- Running Evaluation
- Base Running Fundamentals
- Defensive Fundamentals
- Hitting Fundamentals
- Baseball/Softball Games



**PITCHING AND CATCHING CAMP (TUES/WED)**

- Pitching/Catching Mechanics
- Basic Grips of the Baseball/Softball
- Pitchers Fielding Practice (PFP)
- Pitching/Catching review
- Live Pitching with Catchers
- Pick-Off's and Holding Runners

**FINAL DAY (THURSDAY)**

- Hitting/Throwing Overview
- Baseball/Softball Games
- Awards Ceremony @ 11:30 AM



**USE QR CODE TO  
REGISTER HERE!**





## Westside Volleyball Camp 2023

Incoming 9<sup>th</sup> graders: July 24<sup>th</sup> - 27<sup>th</sup>, 9:00am – 12:00pm

Cost: \$150

Location: Westside High School

If you have any questions, please contact Head Coach Andre King

[aking1@houstonisd.org](mailto:aking1@houstonisd.org)

Wk. 281-920-8000 x036255

Please mail registration form to:

Westside Volleyball, 14201 Briar Forest Dr., Houston, TX 77077

Payment methods: School Pay, Money Order, Cashier's Check or Cash  
made payable to: Westside Volleyball

Name \_\_\_\_\_ T-Shirt Size \_\_\_\_\_  
Parents \_\_\_\_\_  
Middle School \_\_\_\_\_ Grade \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
Email contact \_\_\_\_\_

As the parent/guardian of \_\_\_\_\_ I release, waive, discharge Westside High School, its employees, staff, and administration from any and all liability claims resulting from loss, injuries, illness, and other damage including death which may be sustained by my child during the duration of the Westside Volleyball Camp. To the best of my knowledge, my child is in good physical condition, and I am not aware of any physical infirmity, which would place my child at risk while participating in the camp. During the period of the camp, I hereby give permission to the staff of Westside High to administer proper medical assistance to my child in the event of accident, illness, or injury. I understand that I will be responsible for any and all costs of medical treatment and coverage provided not covered by insurance. I HAVE READ THE WAIVER OF LIABILITY AND FULLY UNDERSTAND ITS TERMS.

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Emergency contact # \_\_\_\_\_

If parents can't be reached, contact \_\_\_\_\_

Phone # \_\_\_\_\_ Relationship to child \_\_\_\_\_



## Westside Volleyball Camp 2023

Rising 4<sup>th</sup> - 8<sup>th</sup> graders: June 5<sup>th</sup> - 9<sup>th</sup>, 9:00am – 12:00pm

Cost: \$150

Location: Westside High School

If you have any questions, please contact Head Coach Andre King

[aking1@houstonisd.org](mailto:aking1@houstonisd.org)

Wk. 281-920-8000 x036255

Please mail registration form to:

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Name \_\_\_\_\_ T-Shirt Size \_\_\_\_\_  
Parents \_\_\_\_\_  
Middle School \_\_\_\_\_ Grade \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
Email contact \_\_\_\_\_

As the parent/guardian of \_\_\_\_\_ I release, waive, discharge Westside High School, its employees, staff, and administration from any and all liability claims resulting from loss, injuries, illness, and other damage including death which may be sustained by my child during the duration of the Westside Volleyball Camp. To the best of my knowledge, my child is in good physical condition, and I am not aware of any physical infirmity, which would place my child at risk while participating in the camp. During the period of the camp, I hereby give permission to the staff of Westside High to administer proper medical assistance to my child in the event of accident, illness, or injury. I understand that I will be responsible for any and all costs of medical treatment and coverage provided not covered by insurance. I HAVE READ THE WAIVER OF LIABILITY AND FULLY UNDERSTAND ITS TERMS.

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Emergency contact # \_\_\_\_\_

If parents can't be reached, contact \_\_\_\_\_

Phone # \_\_\_\_\_ Relationship to child \_\_\_\_\_





**Westside Volleyball Summer Workouts  
and  
Open Gym Schedule 2023**

**Dates: June 5<sup>th</sup> - June 29<sup>th</sup>**

**Days: Monday – Thursday**

**Time: 8:00 – 11:00**

**Location: Westside High School**

**Cost: Free**

**TRYOUTS**

**Dates: July 31<sup>st</sup> and August 1<sup>st</sup>**

**Time: 7:30am**

**If you have any questions, please contact Head Coach Andre King**

**[aking1@houstonisd.org](mailto:aking1@houstonisd.org)**

**Wk. 281-920-8000 x036255**

# WESTSIDE WOLVES

## BASKETBALL CAMP 2023

**FOR BOYS AND GIRLS ENTERING GRADES 7 – 9**

### **INDIVIDUAL BASKETBALL SKILLS CAMP**

**TUESDAY, JUNE 13 – THURSDAY, JUNE 15, 2023 9:00AM – 3:00PM**

- \* FUNDAMENTALS OF THE GAME OF BASKETBALL
- \* SKILLS NECESSARY TO COMPETE INCLUDING DRIBBLING, PASSING, SHOOTING
- \* BASIC DEFENSIVE PRINCIPLES AND SKILLS
- \* PERSONAL EVALUATIONS TO IMPROVE YOUR GAME

**CAMP WILL BE HELD AT  
WESTSIDE HIGH SCHOOL;  
COST: \$100 AND FEATURE  
THE FOLLOWING:**

- MEET THE WESTSIDE HIGH SCHOOL BASKETBALL COACHES
- DAILY CONTESTS AND GAMES
- AWARDS AT THE CONCLUSION OF CAMP
- TOUR OF WESTSIDE HIGH SCHOOL
- CAMP T-SHIRT AND SCHOOL CAFETERIA LUNCH PROVIDED  
(MICROWAVE AND REFRIGERATOR ARE AVAILABLE FOR  
KIDS WHO CHOOSE TO BRING THEIR OWN LUNCH.)

***REGISTRATION ACCEPTED JUNE 13<sup>th</sup> AT 8:00AM***

**PLEASE BRING THE SIGNED PARTICIPANT RELEASE FORM AND PAYMENT (CASH OR MONEY ORDERS).**

**CONTACT COACH DEON WILLIAMS**

**[dwilli13@houstonisd.org](mailto:dwilli13@houstonisd.org) WITH ANY QUESTIONS.**