



ATHLETIC DEPARTMENT  
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## Athletics Workouts/Open Gyms/Summer Camps - 2022

**Sports Performance/Strength & Conditioning Program** (31 days) (incoming 7<sup>th</sup>-12<sup>th</sup> grades) @ DRHS Weight Room & Fields

May 25-27, 30-31 = 5 Days

June 1-3, 6-10, 13-17, 20-24, 27-30 = 22 days

July 1, 5-8, 11-15, 20-22, 25-29 = 18 days

**\*Up to date PHYSICAL required for SPP!**

**Adjustments will be made as necessary.**

**NO facilities will be used on July 4.**

7am – 9 am (Session 1)

9 am – 11am (Session 2)

11am – 1pm (Session 3)

6pm-8pm (Session 4)

**Open Gyms/Fields (Mon-Thurs)** (incoming 7<sup>th</sup> – 12<sup>th</sup> grades) @ Del Rio HS New & Old Gyms **Closed July 4**

- Volleyball (7:00 am-9:00 am)
- Girls Basketball (11:00 am-1:00 pm)
- Boys Basketball (1:00 pm-4:00pm)
- Softball (9:00am-11 am)
- Baseball (10:00am-12:00pm)

**Rams Basketball Camp @ Del Rio HS New & Old Gyms**

- Incoming 3<sup>rd</sup> – 6<sup>th</sup> grades: Wednesday, May 25-May 27 (3:30pm-5:30pm)
- Incoming 7<sup>th</sup>-9<sup>th</sup> grades: May 31-June 2 (3:30pm-5:30pm)

**Sports Performance/Strength & Conditioning 9am-11am**

**Queens Softball Skills** (incoming 7<sup>th</sup> – 12<sup>th</sup> grades) @ Queen's Softball Field

- Tuesday and Thursday (10:00 am – 11:00 am)

**Sports Performance/Strength and Conditioning 11am-1pm**

**Queens Volleyball Camp @ Del Rio HS New & Old Gyms**

- Incoming 2<sup>nd</sup>-6<sup>th</sup> grades: June 6-8 (6pm-8pm)
- Incoming 7<sup>th</sup>-9<sup>th</sup> grades: June 21-23 (6pm-8pm)

**Sports Performance/Strength and Conditioning 9am-11am**

**Rams & Queens Tennis – @ Del Rio Freshman School Tennis Courts**

- May 25-26, 31, June 7-9, 14-16, 21-23, 28-29 (9am-11am)

**Sports Performance/Strength and Conditioning 11am-1pm**

**Queens Basketball Camp @ Del Rio HS New & Old Gyms**

- Incoming 1<sup>st</sup>-6<sup>th</sup> grades: May 25-27 (6pm-8pm)
- Incoming 7<sup>th</sup>-9<sup>th</sup> grades: May 31-June 2<sup>nd</sup> (6pm-8pm)

**Sports Performance/Strength and Conditioning 9am-11am**

**Rams Baseball @ Ram's Practice Field, DRHS**

- Incoming 9<sup>th</sup>-12<sup>th</sup>: Skills/Open field Monday-Thursday (10:00am-12:00pm)

**Sports Performance/Strength and Conditioning 9am**

**Future Rams Football Camp** (incoming 3<sup>rd</sup>-6<sup>th</sup> grades) @ DRMS Football Stadium

- July 20-22 (6:00 pm – 8:30 pm)

**Rams Football Camp** (incoming 7<sup>th</sup> -9<sup>th</sup> grades) @ DRMS Football Stadium

- July 25-28 (6:00 pm – 8:00 pm)

**Sports Performance/Strength and Conditioning 11am-1pm (7<sup>th</sup>-9<sup>th</sup>), HS (6pm-8pm)**

**Rams & Queens Cross Country Camp** (incoming 7<sup>th</sup> & 8<sup>th</sup> grades) @ HS Campus

- July 25-29 (8:00 am-10:30 am) HS, (1-2pm) Buena Vista Pool

**\*Physical Form Required as Fee**

**Sports Performance/Strength and Conditioning 1pm-2pm M, W, F**