

2019

COUGAR NATION

SUMMER CAMPS

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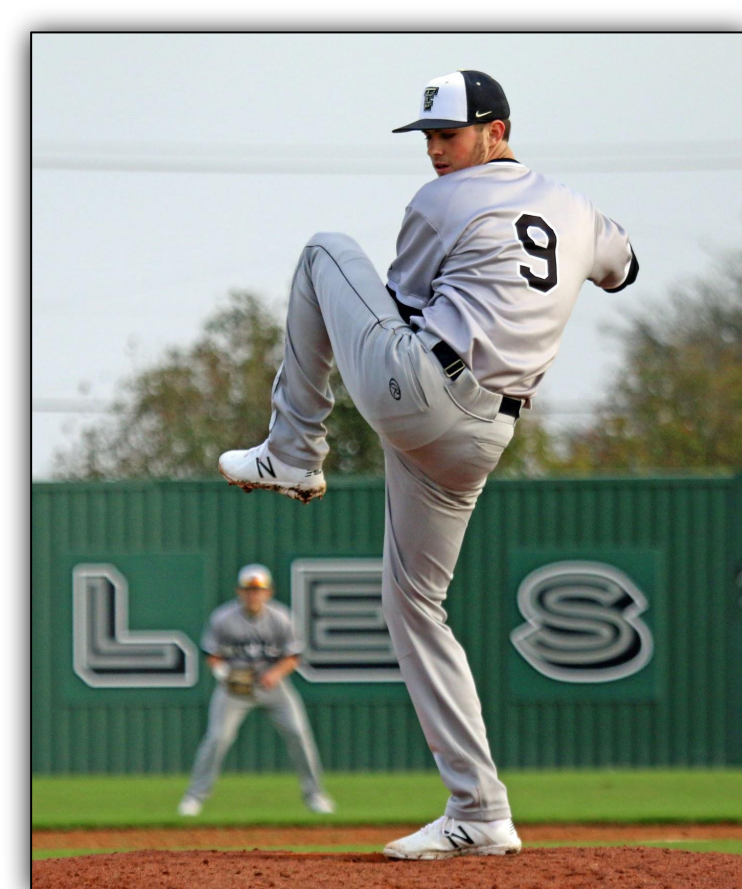
STRENGTH PROGRAM



OFFERED BY THE COLONY HS ATHLETIC DEPARTMENT

THE COLONY COUGARS 2019 SPORTS CAMP SCHEDULE

CAMP COST - \$75 PER SESSION



BASEBALL

May 28-31 (TUES-FRI)
 Incoming K-9th @ 8am-11am
 Location: TCHS Baseball Field
 Martin Dean - 214.729.3934
 Mail to: 4301 Blair Oaks Drive
 The Colony, TX 75056



SOCCER

May 28-31 (TUES-FRI)
 Incoming K-9th @ 8:30-11:30am
 Location: TCHS Indoor Facility
 Lee Weddall - 469.688.1446
 Mail to: 2408 Park View
 Highland Village, TX 75077



GIRLS BASKETBALL

May 28-31 (TUES-FRI)
 Incoming K-9th @ 9am-Noon
 Location: TCHS Basketball Gym
 Colby Pastusek - 940.232.3392
 Mail to: 4301 Blair Oaks Drive
 The Colony, TX 75056



WRESTLING

June 3-6
 Incoming K-8th @ 9am-Noon
 Location: TCHS Wrestling Room
 Chuck Brown - 469.867.6290
 Mail to: 4301 Blair Oaks Drive
 The Colony, TX 75056



SWIMMING

June 3-6
 Incoming 4th-9th @ 1pm-4pm
 Location: LISD Aquatic Center-TC
 Jennifer Peele - 972.658.1506
 Mail to: 5921 Sandhill Circle
 The Colony, TX 75056



SOFTBALL

June 4-7 (TUES-FRI)
 Incoming K-9th @ 6pm-9pm
 Location: TCHS Softball Field
 Deana Coleman - 817.371.0568
 Mail to: 4301 Blair Oaks Drive
 The Colony, TX 75056



BOYS

BASKETBALL

June 10-13
 Incoming K-5th @ 9am-Noon
 Incoming 6th-9th @ 1pm-4pm
 Location: TCHS Basketball Gym
 Cleve Ryan - 469.948.2586
 Mail to: 5912 Southmoor Lane
 The Colony, TX 75056



TRACK / XC

June 10-13
 Incoming 3rd - 9th @ 8am-11am
 Location: Tommy Briggs Stadium
 Tony Doran - 469.948.2526
 Mail to: 4301 Blair Oaks Drive
 The Colony, TX 75056



VOLLEYBALL

July 15-18
 Incoming 5th-9th @ 9am-Noon
 Location: TCHS Main Gym
 Terri Harrod - 972.741.3441
 Mail to: 4209 Riverview Dr.
 Carrollton, TX 75010



FOOTBALL

July 29 - August 1
 Incoming 1st - 9th @ 8am-11am
 Location: Tommy Briggs Stadium
 Rudy Rangel - 469.948.2593
 Mail to: 5909 Snow Creek
 The Colony, TX 75056

TO REGISTER FOR A SPORTS CAMP

[CLICK HERE](#)

OR

<https://goo.gl/forms/rQJtLwTytXxvjVPv2>

OR

SCAN THE QR CODE
 WITH YOUR PHONE



IMPORTANT NOTES FOR ALL SPORTS CAMPS

- Camp Registration Fee is \$75 per Camp Session
- Checks should be made payable to each camp Head Coach
- Online Registration is due 5 Days prior to the beginning of the camp
- Early Registration should be printed and mailed to the address listed for the camp

- All questions should be directed to the camp Head Coach
- Camps will provide either a camp gift, award, or certificate
- Camps teach the fundamentals of their sport and team play
- Complete a separate form for each camp you plan to attend

2019 SUMMER STRENGTH PROGRAM

SUMMER STRENGTH PROGRAM COST - \$70

OPEN TO ATHLETES FROM ALL SPORTS — REGISTER USING THE LINK BELOW
 LOCATION - TCHS INDOOR / WEIGHT ROOM / STADIUM

HIGH SCHOOL ATHLETES

MONDAY-THURSDAY (*Week 5 & 7)
8:00 - 10:00 AM

WEEK 1 - June 3-6
 WEEK 3 - June 17-20
 WEEK 5 - July 8, 11, 12
 WEEK 7 - July 24-26
 WEEK 9 - Aug 5-8

Week 2 - June 10-13
 Week 4 - June 24-27
 Week 6 - July 15-18
 Week 8 - July 29-Aug 1



MIDDLE SCHOOL ATHLETES

MONDAY-THURSDAY (*Week 5 & 7)
10:00 - NOON

WEEK 1 - June 3-6
 WEEK 3 - June 17-20
 WEEK 5 - July 8, 11, 12
 WEEK 7 - July 24-26

Week 2 - June 10-13
 Week 4 - June 24-27
 Week 6 - July 15-18

TO REGISTER FOR SUMMER STRENGTH PROGRAM

[CLICK HERE](#) OR <https://goo.gl/forms/A3gJww8NuHyIziXT2>

OR SCAN THE QR CODE WITH YOUR PHONE

