

# 2024 St. Xavier H. S. Football Program for Incoming Freshmen

## Strength & Conditioning



**Summer Session: Mondays, Wednesdays and Fridays - June 3<sup>rd</sup> – July 31<sup>st</sup>**

**\*\*\*The week of July 4<sup>th</sup> (June 27<sup>th</sup> through July 7<sup>th</sup>) is a dead week for the entire program!**

**\*\*\*Monday, July 8<sup>th</sup> and Wednesday, July 10<sup>th</sup> are off days for Freshman Football Camp.**

The Freshman Football Development Program is *open to any prospective freshman* coming into St. Xavier. The program, supervised and staffed by Coach Terrell Williams and the St. Xavier High School Football Coaching Staff, emphasizes the correct fundamentals required for successful involvement in the physical development program. Student athletes will learn the proper techniques expected and required of every level of the football program. Athletes will have the opportunity to meet the coaching staff and familiarize themselves with St. Xavier High School. It is our belief that establishing the basic fundamentals of our physical development program early in a football player's career results in improved performance earlier in the student athlete's career.

The summer session is designed to accommodate summer school course offerings to the incoming freshmen. We will condition from 12:30 pm – 2:00 pm during the month of June, then shift to 8:00 am – 9:30 am during the month of July.

Keep in mind that we offer an early 6:00 a.m. session for the JV and Varsity programs. In the event Coach Williams and the coaching staff believe an incoming freshman is fundamentally sound in his technique, they **MAY** give him the option of advancing to the higher intensity workout of the Varsity program.

Cost per student is **\$65/summer session.**

*Fee is non-refundable.* Questions? Please contact our head football coach, Steve Specht at extension 325.

**Time - 12:30 p.m. – 2:00 p.m. (June 3<sup>rd</sup> – June 26<sup>th</sup>)**

**8:00 a.m. – 9:30 a.m. (July 12<sup>th</sup> – July 31<sup>st</sup>)**

- Registration Options:**
- 1.) Submit registration and Credit Card payment online <https://stxcamps.campbrainregistration.com/>, or
  - 2.) Mail completed registration form along with a check payable to St. Xavier High School.  
Mail to St. Xavier High School, Attention: Steve Specht, Head Football Coach,  
600 W. North Bend Road, Cincinnati, OH 45224.

Credit card payment can be accepted *only* with online registration.:

[https://resources.finalsite.net/images/v1708522997/stxavieroh/fgzvcxsmgbrhixk1umwo/SummerCampsSaveTheDate22\\_1.pdf](https://resources.finalsite.net/images/v1708522997/stxavieroh/fgzvcxsmgbrhixk1umwo/SummerCampsSaveTheDate22_1.pdf)

Name: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Parent(s) Daytime Phone #: \_\_\_\_\_

Current Grade School: \_\_\_\_\_

**Class of 2028**

## MEDICAL RELEASE FORM

The undersigned further agree(s) and understand(s) that my/our son participates in the St. Xavier High School Football Camp at his own risk, and that the undersigned my/our son's behalf and my/our behalf, assume full responsibility for any injury, loss, or damages incurred in connection with said St. Xavier High School football camp. The undersigned also agree(s) to forever release, discharge, and covenant to hold harmless the School, it's Trustees, teachers, employees, agents and any other parent or volunteer who participates as a chaperone or other assistant in connection with the St. Xavier Football Camp, their heirs, administrators, executors, successors, or assigns, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action belonging to the undersigned or the Student that in anyway and at any time arise out of the Student's participation in the St. Xavier Football Camp.

Mother Sign \_\_\_\_\_ Date \_\_\_\_\_ Father Sign \_\_\_\_\_ Date \_\_\_\_\_