



KARNES CITY JH/HS SUMMER S&C SCHEDULE

Week 1: June 7th – June 11th

Week 2: June 14th – June 18th

Week 3: June 21st – June 25th

Week 4: June 28th – July 2nd

Week 5: July 5th – July 9th

Week 6: July 12th – July 16th

Week 7: July 21st – July 23rd (Wednesday-Friday ONLY)

This is for ALL athletes grades incoming 7th-12th.

Strength and Conditioning will be Monday – Thursday 8-10am.

JH Athletes will be finished every day at 10:00am.

Football & Volleyball will be skill specific from 10:30-11:30am.

Cross Country will be on Mondays and Wednesday only from 7:00-8:00am

Other sport skills will alternate days for 30 min sessions from 11:30-12:00 if needed.



KARNES CITY SUMMER SPORTS CAMPS

Badger Youth Basketball Camp (Boys & Girls): June 1st – 3rd (Grades 3-9)

Badger Youth Tennis Camp (Boys & Girls): June 8th-10th (Grade 3-9)

Lady Badger Softball All Skill Camp: June 14th & 15th (Grade 3-9)

Lady Badger Softball Pitching/Catching Camp: June 16th & 17th (Grades 3-9)

Badger Youth Football Camp: July 26th-28th (Grades 3-9)

Lady Badger Volleyball Camp: July 27th – 29th (Grades 3-9) DATES SUBJECT TO CHANGE

First day of Football/Volleyball Practice: August 2nd

All camps are for 2021-2022 incoming 3rd through 9th grade students