EDISON GOLDEN BEARS



WHO CAN PARTICIPATE?

Incoming 9th - 12th graders.

We encourage all athletes to participate in this camp!

Edison Golden Bears Athletics is dedicated to building a strong future in athletic excellence!

WHEN WILL THE CLINIC BE HELD?

DATES:

Monday - Thursday

June 5- July 28th

(Closed July 3rd-7th) Fourth of July week

7:00 am - 8:45 am

8:45-9:30 Football skills

Where will the clinic be held?

Edison new field house in front of the track.

Drop and pick up in front of the field house parking lot on Santa Monica Street.

My email is jmonreal@saisd.net

ATHLETICS Summer Strength & Conditioning

THINGS NEED BEFORE ATTENDING

2023

ATTENDING and PARTICIPATION • Workouts will be planned • Hand sanitizer will be plentiful and available

- Students must provide a **WATER BOTTLE** and workout clothing Students are not permitted to use the Locker Rooms or showers on campus. They should immediately return home to shower at the end of the workout. Coaches will wear face masks during Phase
- Athletes may wear a face covering, but it is not recommended during exercise
 No parents or media are permitted in the facilities or on the fields during workouts.

WHAT ARE THE AREAS OF INSTRUCTION?

SPEED, AGILITY, STRENGTH,

QUICKNESS & CONDITIONING!

Improved speed, agility, strength and quickness will increase the overall performance of the student athlete.

This intensive seven-week program will mold our participants into explosive athletes.

The TEAM will become a much better unit with improved abilities from each of its individual members.

WHO ARE THE INSTRUCTORS?

The Coaching Staff from Edison High School



Football Dates and freshman Camp

**IF YOU ARE PLANNING PLAY FOOTBALL AND OTHER SPORTS HERE AT EDISON YOU NEED TO GET YOUR PHYSICAL.

***Free Freshman Football Camp

Date: July 24-27 (8:45 am- 11:00am)

Site: Edison Fieldhouse and Football field

***Football official start

Date: Aug. 8th

*****Scrimmage vs Pearsall H.S.

Aug. 18th at Edison High School

****First game vs Kennedy High School

Aug. 24th at Edison High School

EDISON GOLDEN BEARS ATHLETICS



WHO?

- Incoming 7th 12th graders (Edison Zone)
- We encourage all athletes to participate.

Edison Athletics is dedicated to building a strong program and it starts in the off-season.

WHEN?

DATES:

June 5 – July 26

(Closed July 3-7)

Monday – Thursday

Boys – Field House/Primary Gym 7:00am – 9:00

Girls – Secondary Gym 8:30 am – 10:30

Drop off area - in front of the school/tennis courts

Summer Strength & Conditioning

FOR MORE INFORMATION:

Male Coordinator: Jesse Monreal JMONREAL@SAISD.NET

Female Coordinator: Jennifer Bocanegra JBOCANEGRA1@SAISD.NET

- Workouts will follow strict safety guidelines.
- Students must provide their own towel, **WATER BOTTLE** and workout clothing. **NO SHARING!!!**
- Face Mask are optional and will follow SAISD policy.
- Students are not permitted to use the locker rooms or showers on campus.
- No parents or media are permitted in the facilities or on the fields during workouts.

WHAT ARE THE AREAS OF INSTRUCTION? SPEED, AGILITY, STRENGTH,

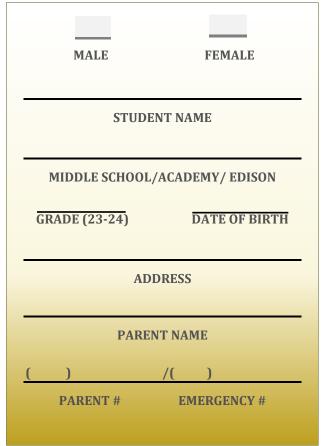
QUICKNESS & CONDITIONING!

Improved speed, agility, strength, and quickness to the overall performance of the student athlete.

This intensive 7-week program will mold our participants into explosive athletes.

The overall TEAM will benefit from the development of better performing individuals who have improved abilities.





RELEASE OF LIABILITY

RELEASE OF EMBERT			
I,			
In consideration of my child's participation, I hereby release, waive, discharge and covenant not to sue SAISD, Edison HS, and their employees for liability, claims, demands, actions, and causes. The causes of action arising out of, from or related to any loss, damage, or injury sustained by my child. Whether caused by negligence, or otherwise, while participating in such activities or while in, on, or upon SAISD or Natatorium premises where the activity is being conducted.			
I also understand I should make sure my child has a proper sport physical and is covered by medical insurance, in the event of a serious accident. I give permission for any medical care or treatment by a physician, surgeon, hospital, or medical care facility that may be required including transportation and accept the responsibility for the cost.			

Signature of Parent

Insurance Provider Hospital Preferred

SUMMER SKILLS & CAMPS

FOOTBALL June 5 – July 26	Coach Monreal Field House	JMonreal@saisd.net 9:00-10:00	7 th – 12 th Grade
CROSS COUNTRY (Girls) Coach Oropez boropez All Summer starting June 5 th	@saisd.net (Boys) Field House	CoachCamacho jcama 6:00am-8:00am	cho2@saisd.net 7 th – 9 th Grade
SWIM CAMP June 5-8 & 12-15	Coach Gallardo Bussed to Natatorium	AGallardo3@saisd.net 7:00am	7 th – 12 th Grade
SUMMER GOLF June 15,22,29 July 6, 13	Coach Stein San Pedro Range	JStein1@saisd.net 5:00pm -6:30	7 th – 12 th Grade
GIRLS BASKETBALL CAMP \$20 June 5-7	Coach Johnson Primary Gym	AJohnson9@saisd.net 12:30-3:30	7 th – 9 th Grade
BOYS BASKETBALL June 5- August 4	Coach Cardenas Primary Gym	MCardenas4@saisd.net 7:15 am - 9:15	7 th – 12 th Grade
VOLLEYBALL CAMP - \$20 June 5-7	Coach Quesada Primary Gym	MQuesada1@saisd.net 8:30-11:30	7 th – 9 th Grade
SUMMER TENNIS June 5-July 26 (Mon Wed.)	Coach Zurita Tennis Courts	AZurita@saisd.net 4:00-5:30	8 th – 12 th Grade
GIRLS SOCCER	Coach Mrak	KMrak1@saisd.net	
BOYS SOCCER Email about Summer 7-on-7 Le	Coach Vidal ague for Boys and Girls	JVidal2@saisd.net	
BASEBALL	Coach Montoya	TMontoya1@saisd.net	
SOFTBALL	Coach Bocanegra	JBocanegra1@saisd.net	