

Sand Springs HS
Strength and Conditioning (F)



JH Cheer - Sandite Iron

The purpose of this camp is to develop strength, speed and agility while cultivating a competitive team atmosphere. Each athlete must have passed a physical examination by a medical doctor within the past year and bring it first day or it already be on file in Athletic Office.
Camp Start Date:

June 8, 2026

Start Time:

6:00 AM

Camp End Date:

July 30, 2026

End Time:

7:00 AM

Date Details:

June 8th - July 30th from 6-7am Monday, Tuesday, and Thursday

Venue Name:

Memorial Stadium

Venue Address:

500 North Adams Rd, Sand Springs, OK 74063

Camp Cost:

\$120.00

Questions:

Kevin Avey

kevin.avey@sandites.org

Special Notes:

Tennis shoes only and bring water

Medical Info:

I realize that participating in sports/camps can be dangerous and serious injuries may result. My son/daughter has my permission to participate in the camp I am signing up for. I give my permission for my child to receive emergency medical care in the event I am not in attendance at the event or I can not be reached. It is our understanding that SAND SPRINGS PUBLIC SCHOOLS, its ATHLETIC DEPARTMENT, its, BOARD OF EDUCATION, and its Coaches will not assume the responsibility or obligation for any medical bills, or debts resulting from any injury to the signed up camper while participating at camp or practicing or playing in any practice sessions, scrimmages, or contest