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# 2026 Southwest Boys Summer Strength and Conditioning

2026 Summer Strength and Conditioning at Southwest High School. Camp is held Monday through Thursday. Weeks of Camp are June 1-4, June 8-11, June 15-18, June 22-25, July 6-9, July 13-16, July 22-23, and July 27-30. Breakfast is served from 8:30 am to 9:00 am. Workout from 9 am to 11 am. Lunch served from 11 am to 11:30 am. Students head to the SWHS Cafeteria on arrival and will be directed from there.

**Camp Start Date:** June 1, 2026

**Start Time:** 8:00 AM

**Camp End Date:** July 30, 2026

**End Time:** 12:00 PM

**Date Details:** Monday Through Thursday

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**Venue Name:** Southwest Complex

**Venue Address:** 11914 Dragon Lane, San Antonio, TX 78252

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**Camp Cost:** \$25.00

**Questions:** Coach Franco [afranco@swisd.net](mailto:afranco@swisd.net) (210) 622 - 4400

**Special Notes:**

Incoming 7th through 12th grade and be enrolled at Southwest High School, McNair Middle School, or Scobee Middle School.

**Medical Info:**

Must have a physical on file.