
2026 Southwest Girls 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: 8:00:00 AM

Camp End Date: July 30, 2026

End Time: 12:00:00 PM

Date Details: Monday Through Thursday

Venue Name: Southwest Complex

Venue Address: 11914 Dragon Lane, San antonio, TX 78252

Camp Cost: \$25.00

Questions: Coach Franco 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.