

Southwest High School
Strength and Conditioning (F)

Southwest Girls Aquatics Strength and Conditioning

This two-hour a day Strength and Conditioning session will help prepare student-athletes, entering 7th -12th grade, for the upcoming water polo, swimming and diving seasons using our dryland classroom, weight room, and of course the pool. Students must have a physical on file and be able to swim 25 yards on their own to participate. Participants should arrive at the Aquatics Center prepared for dryland with workout clothes and appropriate close-toed shoes, along with a swimsuit, towel, and goggles, as the second hour will be in the water. We will end at McCaulliffe Middle School for lunch where pick up/release will be conducted.

Camp Start Date:

June 1, 2026

Start Time:

10:00 AM

Camp End Date:

July 16, 2026

End Time:

12:00 PM

Date Details:

Week 1: June 1-4, Week 2: June 8-11, Week 3: June 15-18, Week 4: June 22-25, Week 5: July 6-9, Week 6: July 13-16

Venue Name:

SWISD AQUATIC CENTER

Venue Address:

9290 SW LOOP 410, SAN ANTONIO, TX 78242

Camp Cost:

\$25.00

Questions:

David Moore

dmoore9696@swisd.net

Special Notes:

If you are interested in this Strength and Conditioning Session but cannot swim 25 yards on your own, please reach out to klibardonil1219@swisd.net for assistance.

Medical Info:

Students must have a physical on file to participate. No Exceptions. Students are allowed to participate in one S&C session per day.