



2026 SEMINOLE INDIAN SUMMER STRENGTH AND PERFORMANCE CAMP



This summer we will train Monday-Thursday with a focus on developing overall athletic ability. This training will address all aspects of athletic development. We will emphasize improvement in strength, power, speed, flexibility, endurance, and joint mobility. Weekly schedules are listed below.

Day/Times

Monday-Strength/Sport Specific
 8:00AM-10:00AM Grades 10-12
 10:00AM-12:00AM Grades 7-9

Tuesday-Strength/Speed
 8:00AM-10:00AM Grades 10-12
 10:00AM-12:00AM Grades 7-9

Wednesday-Strength/Sport Specific
 8:00AM-10:00AM Grades 10-12
 10:00AM-12:00AM Grades 7-9

Thursday-Strength/Speed
 8:00AM-10:00AM Grades 10-12
 10:00AM-12:00AM Grades 7-9

Dates and Locations

Week 1 - June 8-11th
Week 2 - June 15-18th
Week 3 - June 22-25th
Week 4 - June 29th-July 2nd
Week 5 - July 6-9th
Week 6 - July 13-16th



HS SPORTS YOU



Download the Sports You app and
 join Seminole Football
CODE: 7RA6-7VB9

Please Return this Portion to Coach Brian Poynor or Coach Richmond

Contact Information

Player Name _____

Grade _____

Cell Number _____

Parent Name _____

Parent Cell Number _____