

Westlake Academy (9-12)

Strength and Conditioning (F)

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## Blacksmith S & C | Girls | 9th-12th Session 1

Blacksmith Summer Pride is designed for athletes who want to build strength, improve conditioning, and prepare for upcoming seasons. Athletes will train with Westlake coaches in a structured program focused on strength, speed, agility, endurance, and injury prevention. Open to student-athletes who are committed to getting stronger, faster, and ready to compete.

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

**Start Time:** 10:00:00 AM

**Camp End Date:** June 4, 2026

**End Time:** 11:00:00 AM

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**Venue Name:** Westlake Football Field

**Venue Address:** 2600 J T Ottinger Rd, Westlake, TX 76262

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**Camp Cost:** \$100.00

**Questions:** Sarah Jones [sjones@westlakeacademy.org](mailto:sjones@westlakeacademy.org) (817) 490 - 5706

**Special Notes:**

Please bring a water bottle, tennis shoes, hair up in pony tail, and wear appropriate athletic gear each day. Athletes should be prepared to train and move throughout the session.

**Medical Info:**

I, the undersigned parent or legal guardian, give permission for my child to participate in Westlake Academy athletic activities/camps and certify that my child is physically able to participate. In the event of illness or injury, I authorize Westlake Academy staff or coaches to seek emergency medical treatment if I cannot be reached. I understand that I am responsible for any medical expenses incurred. I also grant permission for Westlake Academy to photograph or video my child during activities and use these images for school publications, social media, and promotional materials.