

Westlake Academy (9-12)

Strength and Conditioning (F)

Blacksmith S & C | Girls | 9th-12th Session 5

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: July 13, 2026

Start Time: 10:00:00 AM

Camp End Date: July 16, 2026

End Time: 11:00:00 AM

Venue Name: Westlake Football Field

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

Camp Cost: \$100.00

Questions: Sarah Jones 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.