

Heritage High School

Strength and Conditioning (C)

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## 2026 Heritage Summer S&C (Football Only)

Monday - Thursday 7:00 am - 9:15 am - Most every week in the summer - 40 + Total Days!

**Camp Start Date:** May 26, 2026

**Start Time:** 7:00:00 AM

**Camp End Date:** July 31, 2026

**End Time:** 9:00:00 AM

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**Venue Name:** MHHS Turf Field

**Venue Address:** 4000 FM 1387, Midlothian, TX 76065

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**Camp Cost:** \$150.00

**Questions:** Eric Edwards [eric.edwards@midlothianisd.org](mailto:eric.edwards@midlothianisd.org) (254) 592 - 3389

**Special Notes:**

Strength and conditioning for incoming Heritage 9th - 12th FOOTBALL athletes. \*Must have updated physical for the 2026-27 school year to participate.

**Medical Info:**

By registering for this camp, I hereby certify that my child is physically fit to participate in the Midlothian ISD Athletic Summer Camp, and I know of no physical impairments which would in any manner limit participation in such a program. I hereby register my child for the camp described and authorize the staff to direct him in participation in camp activities. I authorize the staff to attend to any health problem or injury my child may incur while attending camp. I further acknowledge that the coaches, Midlothian ISD, and anyone associated with the Midlothian Athletic Summer Camps, will not be liable for any damage from injuries or illness sustained during the camp.