

Klein Forest

Strength and Conditioning (C)



2026 Klein Forest (7th-12th grade) Strength and Conditioning Camp

Camp Start Date: June 8, 2026

Start Time: 8:00 AM

Camp End Date: July 16, 2026

End Time: 10:00 AM

Date Details: <https://bit.ly/KleinForestSAC26>

Venue Name: Klein Forest Competition Gym

Venue Address: 11400 Misty Valley, Houston, TX 77066

Camp Cost: \$135.00

Questions: Remon Smith rsmith7@kleinisd.net (832) 249 - 4299

Special Notes:

A current physical must be on file in order to participate in Strength and Conditioning Camp. Cancellation Policy: Letter of explanation and \$20.00 charge per camp will be deducted from original camp fee.

Medical Info:

KISD Waiver (Acknowledge Receipt during Completion of Online Application) I, the undersigned, being the individual, spouse, or legally authorized and qualified guardian agree to hold the Klein Independent School District, its Board of Trustees, administration, and/or faculty, harmless from all liability for any injuries which my son/daughter may receive while participating in any recreational activities or utilizing the Klein Independent School District facilities. I hereby authorize the athletic director, coach, and/or district employee to secure medical services for any family member if necessary and I agree to pay, either directly or through my own personal health and accident insurance policy, all medical or hospital costs.