

Bixby High School

Strength and Conditioning (C)

Olympic Strength and Conditioning Summer Training - OSPA

Monday - Thursday || 9:30 - 11:00 || No Camp June 29-July 2 due to OSSAA Dead Week. Incoming Grades 8-12, Men's and Women's Olympic sport athletes at Bixby High School. This is for athletes who do NOT play Football. This will be a comprehensive training program developing speed, power and strength through on field and weight room training.

Camp Start Date: June 15, 2026

Start Time: 9:30:00 AM

Camp End Date: July 30, 2026

End Time: 11:00:00 AM

Venue Name: Multipurpose Facility

Venue Address: 601 S. Riverview, Bixby, OK 74008

Camp Cost: \$200.00

Questions: Drake Gammon dgammon@bixbyps.org

Special Notes:

Discounts for Employees and Siblings are available. One discount per family. Sibling discount only applies if siblings are within this camp - does not apply for the SPA camps. For discount, please contact Drake Gammon at dgammon@bixbyps.org before registering for this camp.

Medical Info:

By registering for this Camp, I agree to the following Waiver & Release of Liability:

<https://bixbyps.info/cewaiver>