

Emerson HS

Soccer (M)



# Emerson Soccer Strength and Conditioning

## Session 2

Emerson Soccer Strength & Conditioning Summer Camp Our Emerson Soccer Strength & Conditioning Camp is designed to help athletes build a strong foundation for the upcoming season. This camp focuses on developing speed, strength, agility, and overall athletic performance in a structured and competitive environment. Athletes will train using a combination of weight training, conditioning, and movement work tailored to improve explosiveness, endurance, and injury prevention. Each session will emphasize proper technique, accountability, and effort—key habits that translate directly to success on the field and beyond. This camp is open to all incoming and current Emerson soccer players and is built to meet athletes where they are, while pushing them to improve daily. Whether you are preparing for tryouts or looking to take your game to the next level, this is an opportunity to gain an edge. What to Expect: Strength training and weight room development Speed, agility, and conditioning work Injury prevention and mobility focus Competitive, high-energy environment Emphasis on discipline, consistency, and team culture Come ready to work, compete, and grow.

**Camp Start Date:** July 6, 2026

**Start Time:** 12:00 AM

**Camp End Date:** July 23, 2026

**End Time:** 12:00 AM

**Date Details:** Monday - Thursday each week

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**Venue Name:** Emerson HS-Football Field

**Venue Address:** 6300 Collin McKinney Pkwy, McKinney, TX 75070

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**Camp Cost:** \$156.00

**Questions:** Aaron Wessner [wessnera@friscoisd.org](mailto:wessnera@friscoisd.org) (469) 633 - 8188

**Medical Info:**

In consideration of acceptance of this registration, I waive all claims against the Frisco Independent School district, affiliates, employees, trustees, and agents, individually and in their capacity as such for injury or illness which may directly result from participation in this event. My claims remain waived even though liability may arise out of negligence or carelessness of persons or entities mentioned above. This registration cannot be processed unless the above agreement is accepted by a legal parent or guardian and I agree to abide by all Frisco I.S.D. Board policies and procedures. Frisco I.S.D. Board policies and procedures may be found on the Fisd Board of Trustees website at the following address:

[www.friscoisd.org/inside/board/index.htm](http://www.friscoisd.org/inside/board/index.htm)