



# NEWMAN SMITH TROJANS SUMMER CONDITIONING BOYS & GIRLS ATHLETES June 2<sup>nd</sup> – July 31<sup>st</sup>



**7:00 - 9:00am High Intensity Upperclassmen  
11:00 – 1:00pm Beginners incoming 9<sup>th</sup>/Jr High**

**Located @ Newman Smith Weight room and Tutt**

**Newman Smith has established itself as an athletic program that is among the area’s best. We must become SMART, FAST, and more PHYSICAL so we can make the 2025 – 2026 school year the Best in school history. Newman Smith is coming off another competitive year. Bring that PASSION and ENTHUSIASM each morning.**

### **Strength & Agility SCHEDULE**

June 2-5	7:00am-9:00am	11:00am-1:00pm
June 9-12	7:00am-9:00am	11:00am-1:00pm
June 16-19	7:00am-9:00am	11:00am-1:00pm
June 23-26	7:00am-9:00am	11:00am-1:00pm
June 30-July 4	Off Week	
July 7- 10	7:00am-9:00am	11:00am-1:00pm
July 14- 17	7:00am-9:00am	11:00am-1:00pm
July 21-24	Off Week	
July 28-31	7:00am-9:00am	11:00am-1:00pm

Please direct any questions to:

**Robert Boone**  
Campus Athletic Director, Head Football Coach  
Office #: (972) 968-5314  
Email: booner@cfbisd.edu

### **Sport skills sessions Times and Dates Below**

#### **Football Dates & Times**

June 2-5	9:15 am- 10:00am
June 9-12	9:15 am- 10:00am
June 16-19	9:15 am- 10:00am
June 23-26	9:15 am- 10:00am
July 7-10	9:15 am- 10:00am
July 14-17	No Skills
July 28- 31	9:15 am- 10:00am

#### **Volleyball Dates & Times**

June 2-5	9:15 am- 10:00am
June 9-12	9:15 am- 10:00am
June 16-19	9:15 am- 10:00am
June 23-26	9:15 am- 10:00am
July 7-10	9:15 am- 10:00am
July 14-17	No Skills
July 28- 31	9:15 am- 10:00am

#### **Softball Dates & Times**

June 2-5	No Skills
June 9-12	10:15 am- 11:00am
June 16-19	10:15 am- 11:00am
June 23-26	10:15 am- 11:00am
July 7-10	10:15 am- 11:00am
July 14-17	10:15 am- 11:00am
July 28- 31	10:15 am- 11:00am

#### **Boys Basketball Dates & Times**

June 2-5	10:15 am- 11:00am
June 9-12	10:15 am- 11:00am
June 16-19	10:15 am- 11:00am
June 23-26	No Skills
July 7-10	10:15 am- 11:00am
July 14-17	10:15 am- 11:00am
July 28-31	10:15 am- 11:00am

#### **Girls Basketball Dates & Times**

June 2-5	10:15 am- 11:00am
June 9-12	No Skills
June 16-19	10:15 am- 11:00am
June 23-26	10:15 am- 11:00am
July 7-10	10:15 am- 11:00am
July 14-17	10:15 am- 11:00am
July 28-31	10:15 am- 11:00am

#### **Boys Soccer Dates & Times**

June 2-5	10:15 am- 11:00am
June 9-12	10:15 am- 11:00am
June 16-19	No Skills
June 23-26	10:15 am- 11:00am
July 7-10	10:15 am- 11:00am
July 14-17	10:15 am- 11:00am
July 28-31	10:15 am- 11:00am

#### **Girls Soccer Dates & Times**

June 2-5	9:15 am- 10:00am
June 9-12	9:15 am- 10:00am
June 16-19	No Skills
June 23-26	9:15 am- 10:00am
July 7-10	9:15 am- 10:00am
July 14-17	9:15 am- 10:00am
July 28-31	9:15 am- 10:00am

#### **Baseball Dates & Times**

June 2-5	No Skills
June 9-12	10:15 am- 11:00am
June 16-19	10:15 am- 11:00am
June 23-26	10:15 am- 11:00am
July 7-10	10:15 am- 11:00am
July 14-17	10:15 am- 11:00am
July 28-31	10:15 am- 11:00am

**\*\*If your sport has a camp, there will be NO skills sessions that week**

**\*\*Dual sport athletes can go to two sports skill sessions**