

# 19<sup>TH</sup> ANNUAL ALL-SPORTS STRENGTH CLINIC

**Cypress Woods HS; 13550 Woods-Spillane Blvd., Cypress, TX 77429**

**Jan 18<sup>th</sup>, 2025 (8am-2pm)**

The longest running strength clinic in the state of Texas for High School and Junior High Coaches Presentations and Hands on Demonstrations

## SPONSORED BY



Preregistration:

<https://forms.gle/U7rV6fFpsSJ1mZsPA>

### **John Mitchell**

Director of Strength and Conditioning – Cy Woods HS  
2019 NHSCA State Strength Coach of the Year  
Former Baylor Strength Staff

### **Jeremy Justice**

Director of Strength and Conditioning – Summer Creek HS



### **Ryan Ojeda**

Assistant Strength Coach – University of North Texas  
Speed and Dynamic Movement Specialist

### **Keith Caton**

Director of Strength and Conditioning – Manvel HS  
Former Strength Coach for Syracuse University  
Former Director of Sports Performance at Indiana  
Former Strength Coach at Baylor, W. Kentucky,  
Missouri, Elon, Auburn, and Southern Miss.

\$35 per Coach, or \$75 per Staff. Checks made payable to Cy Woods Athletics

Please Contact [Jeffrey.kachermeyery@cfisd.net](mailto:Jeffrey.kachermeyery@cfisd.net) for any questions

Presentations will be geared towards high school and junior high athletes. Knowledge will be presented that will benefit all sports for both males and females. Part of the clinic will include VMHS off-season workout, where many techniques will be displayed.

There will also be a hands-on presentation after the workout.

Speakers will be bringing a wealth of knowledge in every aspect of training. They have been involved in clinics across the nation. We are excited to be able to present this line-up to continue to improve strength and conditioning across the state! Please do not hesitate to email or call with any questions or needs you may have.

Thank you,

John Mitchell  
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