

Non-Member sign up process for the Youth Strength & Conditioning Performance Program

UTSA Campus Recreation

How to sign up your child for the Youth Strength & Conditioning Performance Program


Use a QR code to get to the page or go to

<https://portal.campusrec.utsa.edu>

From there select Classification > Strength &
Conditioning > Youth Strength & Conditioning
Performance Program

How to sign up your child for the Youth Strength & Conditioning Performance Program

➤ Click “Sign In”

 **UTSA** The University of Texas
at San Antonio

Search Programs

Sign In

Sign In

How to sign up your child for the Youth Strength & Conditioning Performance Program

- Click “Sign Up” next to the “Don’t have an account?”

The program is open to anyone entering grades 6 to 12 next fall. Each session will start with one hour of warm-up and running, consisting of mostly Speed, Agility and Quickness training. Followed by one hour of lifting, focusing on technique and form while trying to increase the amount of weight lifted.

If you have questions regarding this product, please contact Derrick Jenkins by [Clicking Here](#)

Program Offerings

Summer 2022 Youth Performance Training

Spring 2022

\$0.00 - \$449.00

20 spot(s) available

[Sign In](#)

Summary	Location	Status
Wed, Dec 15 2021 at 3:00 AM until 3:30 AM	30 Fitness Assessment Room	
every Monday, Wednesday, and Friday from 9:00 AM	00 Football Field	
every Monday, Wednesday, and Friday from 10:00 AM	0:00 Weight Room	
No Class	00 Football Field	Cancelled
No Class	0:00 Weight Room	Cancelled
No Class	Wed, Jul 6 2022 7:45 AM to 9:00 AM	Cancelled
No Class	Wed, Jul 6 2022 9:00 AM to 10:00 AM	Cancelled

Help

Sign In

UTSA Login

Email or Username

Next

OR

Don't have an account? [Sign Up](#)

×

How to sign up your child for the Youth Strength & Conditioning Performance Program

➤ Follow the prompts

The program is open to anyone entering grades 6 to 12 next fall. Each session will start with one hour of warm-up and running, consisting of mostly Speed, Agility and Quickness training. Followed by one hour of lifting, focusing on technique and form while trying to increase the amount of weight lifted.

If you have questions regarding this product, please contact Derrick Jenkins by [Clicking Here](#)

Program Offerings

Summer 2022 Youth Performance Program
Spring 2022

20 spot(s) available

[Sign In](#)

← ×

● ○

Create an Account

First Name

Last Name

[Cancel](#) [Next](#)

Summary	Time	Location	Status	
every Monday, Wednesday, and Friday from 7:45 AM to 9:00 AM	7:45 AM to 9:00 AM	Football Field		
every Monday, Wednesday, and Friday from 9:00 AM to 10:00 AM	9:00 AM to 10:00 AM	Weight Room		
No Class	7:45 AM to 9:00 AM	Football Field	Cancelled	
No Class	9:00 AM to 10:00 AM	Weight Room	Cancelled	
No Class	Wed, Jul 6 2022	7:45 AM to 9:00 AM	Football Field	Cancelled
No Class	Wed, Jul 6 2022	9:00 AM to 10:00 AM	Weight Room	Cancelled

[Cookies & Privacy](#)

This website uses cookies to enhance your browsing experience on our website.

How to sign up your child for the Youth Strength & Conditioning Performance Program

- More requested information and then click “Create Account”

The program is open to anyone entering grades 6 to 12 next fall. Each session will start with one hour of warm-up and running, consisting of mostly Speed, Agility and Quickness training. Followed by one hour of lifting, focusing on technique and form while trying to increase the amount of weight lifted.

If you have questions regarding this product, please contact Derrick Jenkins by [Clicking Here](#)

Program Offerings

Summer 2022 Youth Performance Program
Spring 2022

20 spot(s) available

Summary

every Monday, Wednesday, and Friday from 9:00 AM to 10:00 AM

every Monday, Wednesday, and Friday from 9:00 AM to 10:00 AM

****No Class****

****No Class****

****No Class****

****No Class****

Wed, Jul 6 2022

9:00 AM to 10:00 AM

Weight Room

Cancelled

Create an Account

Email

Password

- Must not contain username

☐ I wish to be contacted for news and promotional offers

By creating an account you agree to and have read the Terms of Use

Create Account

Sign In

Location

Status

Football Field

Weight Room

Cancelled

Cancelled

Cancelled

Cancelled

Cook

This w

exper

How to sign up your child for the Youth Strength & Conditioning Performance Program

➤ You will now be able to click “Register”

Quickness training. Followed by one hour of lifting, focusing on technique and form while trying to increase the amount of weight lifted.

If you have questions regarding this product, please contact Derrick Jenkins by [Clicking Here](#)

Program Offerings

Summer 2022 Youth Performance Camp
Spring 2022

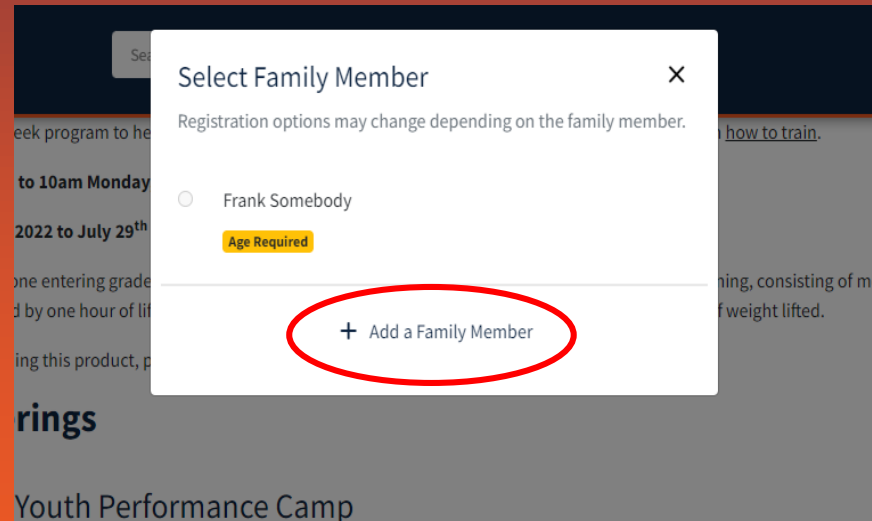
20 spot(s) available

[Register](#)

Summary	Dates	Time	Location	Status
every Monday, Wednesday, and Friday from 7:45 AM to 9:00 AM	Starting Mon, Jun 20 2022 and Ending Fri, Jul 29 2022	7:45 AM to 9:00 AM	Football Field	
every Monday, Wednesday, and Friday from 9:00 AM to 10:00 AM	Starting Mon, Jun 20 2022 and Ending Fri, Jul 29 2022	9:00 AM to 10:00 AM	Weight Room	

How to sign up your child for the Youth Strength & Conditioning Performance Program

- Presuming you are over 18 you won't actually be able to sign up for the program because of the age restriction.
- However, you can add your child by clicking on "Add a Family Member"



How to sign up your child for the Youth Strength & Conditioning Performance Program

➤ Enter your child's information

The screenshot shows a 'New Dependent' modal form overlaid on a blurred background of a program page. The form contains the following fields:

- First Name**: A text input field.
- Last Name**: A text input field.
- Date of Birth**: Three dropdown menus for Month, Day, and Year. A note below states: 'This field cannot be changed once added.'
- Gender**: A dropdown menu with 'Male' selected.
- Buttons**: 'Cancel' and 'Save' buttons at the bottom right.

Background text visible through the modal includes: 'per week program to he', ':45am to 10am Monday', 'e 20th 2022 to July 29th', 'to anyone entering grade', 'followed by one hour of lif', 'regarding this product, p', 'Offerings', '2022 Youth Perf', 'Starting Mon, Jun 20 2022 and Ending Fri, Jul 29 2022', '7:45 AM to 9:00 AM', 'Football Field', '9:00 AM to 10:00', 'Weight', and 'Locatio'.

How to sign up your child for the Youth Strength & Conditioning Performance Program

- Now, because your child's age is within the allowed range, you are able to select their name to register

Select Family Member ✕

Registration options may change depending on the family member.

- ☐ Frank Somebody
Age Required
- ☐ Little Somebody Jan 1, 2009

+ Add a Family Member

Dates	Time	Location	St
Wednesday, and Friday from 7:45 AM to 9:00 AM	Starting Mon, Jun 20 2022 and Ending Fri, Jul 29 2022	7:45 AM to 9:00 AM	Football Field

How to sign up your child for the Youth Strength & Conditioning Performance Program

➤ Click “Register”

The screenshot shows a web application interface with a modal titled "Select Family Member". The modal has a close button (X) in the top right corner. Below the title, it says "Registration options may change depending on the family member." There are two radio button options: "Frank Somebody" and "Little Somebody". The "Little Somebody" option is selected, and next to it is the date "Jan 1, 2009". Below these options is a yellow button labeled "Age Required". At the bottom of the modal is a link that says "+ Add a Family Member". A red oval highlights a blue "Register" button at the very bottom of the modal. In the background, there is a table with columns for "Dates", "Time", and "Location".

Select Family Member

Registration options may change depending on the family member.

☐ Frank Somebody

☒ Little Somebody Jan 1, 2009

Age Required

+ Add a Family Member

Register

Dates Time Location

How to sign up your child for the Youth Strength & Conditioning Performance Program

- At this point you will be asked to complete registration questions and to pay for the program or pay the down payment

How to sign up your child for the Youth Strength & Conditioning Performance Program

- If you have any questions please contact me

Derrick “Rick” Jenkins

Program Coordinator – Strength & Conditioning

Department of Campus Recreation

Derrick.Jenkins@utsa.edu

O: 210-458-6630