

STRENGTH & CONDITIONING CAMP

Camp Dates: June 2ND - July 17TH; Mon. - Thur.

Session times: 8am - 10am

Location: High School Weight Room

LAST NAME _____ FIRST NAME _____ ADDRESS _____

CITY _____ STATE-ZIP _____ HOME # _____

EMERGENCY CONTACT _____ EMERGENCY # _____ SPORT: _____ AGE _____

INSURANCE CO. _____ POLICY # _____

RELEASE OF LIABILITY

Waiver: I have read the information regarding the Strength & Conditioning Camp. I hereby give my child permission to participate in the camp. I agree not to hold the Navarro I.S.D. or any member of the camp staff responsible in case of any accident or injury incurred at the camp.

SIGNATURE FOR RELEASE OF LIABILITY

Participant _____ Date _____

Parent or
Guardian _____ Date _____

QUESTIONS

Q. What types of exercises are involved in this program?

A: The strength development program will be personalized to fit the specific needs of the athletes sport, position, age (incoming 9TH graders & up) and weakness. Emphasis is on the core lifts of Squat, Clean, Bench & Incline. A large variety of different lifts will be performed with explosiveness being the focus in the weight room. Speed development is the focus of the outside program.

Q. Where is the camp held and when?

A. Our camp is run out of the high school weight room, track and practice fields. Workouts are from 8:00 a.m. to 10:00 a.m. each Monday thru Thursday.

All instructors will provide a positive atmosphere and will motivate each athlete through character traits.