

WAXAHACHIE ISD 2021 SUMMER STRENGTH & CONDITIONING

TIME, LOCATION AND AGE GROUPS

Girls grade 7-12 @ WHS IAC 7:30-9:00 am

Boys grade 10th-12th @ Lumpkins 7:30-9:00am

Boys grade 7th-9th @ Lumpkins 10:00-11:30am

COST

Free for WISD student athletes entering grades 7-12 athletic programs

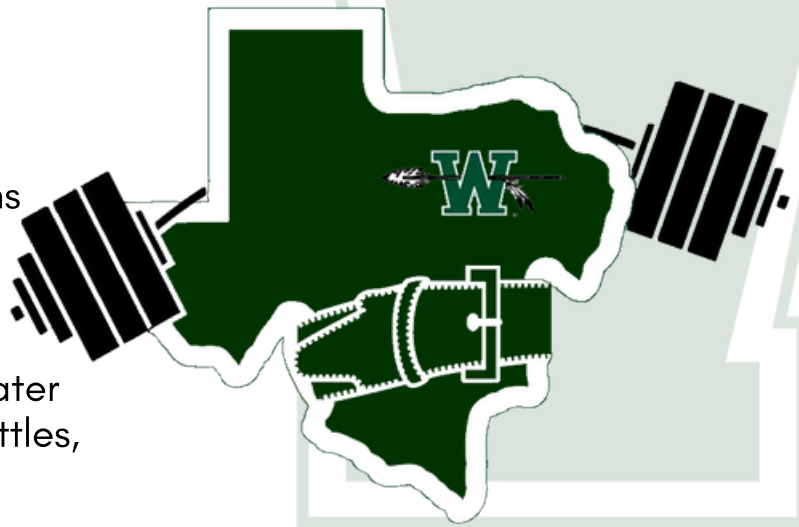
DATES

*See calendar below for specific dates.

Due to the constant changing of restrictions some dates may change.

BRING

Athletic clothing, appropriate footwear, water bottle and towel. No sharing of towels, bottles, food, drinks, or other personal items.



ALL ATHLETES MUST HAVE A PHYSICAL ON FILE WITH THE SPORTS MED DEPT

For incoming 7th grade students that elect to have a personal EKG, the results must be turned in with the physical before the student may participate.

*COVID CHANGES

All coaches and athletes are expected to follow state and local guidelines regarding COVID 19 for summer workouts. Please bring water and clean towel each day. No spectators will be allowed in the buildings. Appropriate cleansing and disinfecting will be done on all equipment and areas as directed by Sports Medicine Director. All participants will go through an orientation and be instructed on equipment safety, exit and entry procedures and UIL guidelines. Hand sanitizer and hand washing areas will be available before, during and after workouts.

Strength and Conditioning Camp is intended to develop better athletes for all sports with focus on agility, acceleration, maximum and dynamic strength, unilateral movement, mobility, stability and core strength through non sport-specific skills in a competitive and intense environment. Waxahachie ISD coaches will help students stay active and improve their confidence and athleticism while modeling and teaching positive character traits and habits.

For questions please contact the coaches below:

Girls, Dana Scott dscott@wisd.org

Boys, Rocky Robinson rrobinson@wisd.org

Director of Sports Medicine, EJ Hairston ehairston@wisd.org

Director of Athletics, Greg Reed greed@wisd.org

■ = Boys Camp

■ = Girls Camp

X = Closed Days

**W
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J**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	X	1 ■	2 ■	3 ■	X	4 5
6	7 ■	8 ■	9 ■	10 ■	X	11 12
13	14 ■	15 ■	16 ■	17 ■	X	18 19
20	21 ■	22 ■	23 ■	24 ■	X	25 26
27	28 ■	29 ■	30 ■	X	X	

2021 STRENGTH & CONDITIONING ENROLLMENT FORM

****Please bring this signed portion of the form to registration****

On site registration will take place on the first day of camp, June 1.

Student Name: _____

Parent/Guardian: _____

Contact Phone #: _____

Grade (Fall 2021): _____

I agree to allow my child to participate in the summer camp and affirm that my child's participation is completely voluntary. I understand that there are risks inherent in athletic activities which could cause serious injury. I also understand that, despite safety precautions, Waxahachie ISD cannot guarantee that my child will not be injured. I hereby authorize the staff of Waxahachie ISD to use their best judgement in any emergency requiring medical attention, and I release all camp personnel from liability for injuries. To minimize the risk, I have instructed my child to obey all the rules, regulations and instructions of the staff of the summer camp.

Patent/Guardian Signature: _____ Date: _____