



# 2022 PACK STRONG



## LEISD SUMMER STRENGTH & CONDITIONING PROGRAM

High school and middle school coaches get the opportunity to work with all MALE GRADES 7- 12 to enhance their abilities through WEIGHT TRAINING, SPEED AND AGILITY DRILLS and SPORT SPECIFIC SKILLS TRAINING. Everything is geared towards helping them develop the tools they need to be successful in their sport(s). The lifts and movements that will be done are aimed at creating a stronger more explosive athlete, that has the ability to accelerate, come to balance, and change direction quickly.

## 2022 PROGRAM INFORMATION

**\*\*Note: Baseball Only Athletes grades 7-12 location will be LEHS\*\***

Weeks & Days	Location Daily Routine		Payment Information	Contact Information
<b>6 week camp</b>	<b>Walker Daily Schedule (Male Sports 7-12*)</b>	<b>LEHS Daily Schedule (Baseball ONLY 7-12)</b>	<b>Early Registration (BEFORE May 23rd):</b>	<b>Please direct all questions</b>
Week of June 13th - 13th, 14th, 15th, & 16th	8:00 AM 7th-9th: Report & Sport Skill	7:50 AM All Report to Weight Room & Check in	\$100.00	Kendrick Brown kbrown@leisd.ws
Week of June 20th - 20th, 21st, 22nd, & 23rd	8:30 AM 10th-12th: Report & Stretch	8:00 AM Weights	<b>Late Registration (AFTER May 23rd):</b>	Matt Harbin (BSB) mharbin@leisd.ws
Week of June 27th - 27th, 28th, 29th, & 30th	8:40 AM to 10:15 AM Weights & Speed/Agility	9:00 AM Clean up Weight Room Walk down to Field	\$120.00	<b>Little Elm Athletic Dept.</b>
Week of July 4th (Off)	10:15 AM 7th-9th: Dismissed 10th-12th: Sport Skill	9:15am Speed & Agility	<b>Online:</b> <b>Littleelmlobosportsnetwork.com/camps</b>	Phone: 972-947-9443 Ext. 24130
Week of July 11th - 11th, 12th, 13th & 14th	11:00 AM 10th-12th: Dismissed	10: 15AM Sport Skills	<b>Checks/Money Orders: Make Payable To</b>	<b>Address:</b>
Week of July 18th - 18th, 19th, 20th & 21st	<b>Please Note Arrival &amp; Dismissal Time For Each Group</b>	11:15am Clean Up/Dismissal	LEISD Athletic Department Include Athlete's Name On The Memo Line	1900 Walker Lane Little Elm, TX 75068
Week of July 25th - 25th, 26th, 27th & 28th			Online, Cash, Check, and Money Orders Are All Accepted.	Attention: Pack Strong

### Athlete & Guardian Information

Athlete Name: _____	'22-23 Grade: _____
Sport #1: _____	Sport #2: _____
Parent/Guardian Name: _____	Location (LEHS or Walker) LEHS is BASEBALL ONLY
Parent/Guardian Email: _____	Phone: _____
Emergency Contact Name: _____	Phone: _____

### Recognition And Assumption Of Risk Agreement Form

I, the undersigned parent/legal guardian of \_\_\_\_\_, authorize his/her participation in Pack Strong Program. In and for consideration of my child's participation in Pack Strong Program, I hereby agree that I will not hold Little Elm Independent School District or any of its employees responsible for any loss, damages, or personal injuries that he or she may receive as a result of participation. This waiver of liability expressly includes camp activities in or on the premises whereby the activity is being conducted.