

# Rudder High School



## 2025 Summer Strength & Conditioning Program

(Supervised strength and conditioning program offered by Rudder H.S.)

Who: Students entering grades 7 through 12  
Where: Rudder High School  
When: June 2<sup>nd</sup> - July 25<sup>th</sup>  
Six-week Course  
Starts June 2<sup>nd</sup> -- All June M-Th, Off June 30<sup>th</sup> - July 10<sup>th</sup>, Starts Back July 14<sup>th</sup> - July 17<sup>th</sup> off July 21<sup>st</sup> - 22<sup>nd</sup>  
Last 3 Days July 23<sup>rd</sup> - July 25<sup>th</sup> (July 25<sup>th</sup> is the only Friday)  
Time: High School Skills Sessions 8-8:50 am  
Session 1: HS Skills 8:00-9:00 AM Boys Football  
Session 1: Strength and Conditioning 9:00 AM to 10:30 AM (suggested for upper-level participants incoming 10-12<sup>th</sup>)  
Session 2: High School Skills Sessions 10:00-11:00 am (Boys Football)  
Session 2: Strength and Conditioning 11:00 AM to 12:30 PM (suggested for lower-level participants incoming 7-10<sup>th</sup> and Girls (9<sup>th</sup> - 12<sup>th</sup>))  
Cost: No Cost - Free

### WAIVER AND RELEASE OF LIABILITY

As consideration for the right to participate in the Rudder Summer Strength & Conditioning Camp, I knowingly and voluntarily enter into this waiver and release of liability and do hereby RELEASE, WAIVE, DISCHARGE, and HOLD HARMLESS the Bryan Independent School District, its Board of Trustees, officers, servants, agents, employees and volunteers from any and all liability, damages, claims, demands, causes of action, injuries, property damage, expenses, and other harm whatsoever, arising out of or related to my participation in the S. I further acknowledge that the Bryan Independent School District reserves, and does not waive, its rights of sovereign immunity and similar rights and its rights under the Texas Tort Claims Act.

I am voluntarily participating in the aforementioned Event and I am participating in the Event entirely on my own risk. I am aware of the risks associated with my participation in the Event. I understand it is possible for injuries or outcomes to arise from my own or others' negligence. Nonetheless, I assume all related risks, both known and unknown to me, of my participation in this Event.

I agree to hold harmless the Bryan Independent School District against any and all claims, suits or actions of any kind whatsoever for liability, damages, compensation or otherwise brought by me or anyone on my behalf, including attorney's fees and any related costs, if litigation arises pursuant to any claims made by me or by anyone acting on my behalf as result of my participation in the Event.

I acknowledge that the Bryan Independent School District, its Board of Trustees, officers, servants, agents, employees and volunteers are not responsible for errors, omissions, acts or failures to acts of any other party or entity who participates in the Event.

I acknowledge that I have carefully read this waiver and release and fully understand that it is a release of liability. I expressly agree to release and discharge the Bryan Independent School District, its Board of Trustees, officers, servants, agents, employees and volunteers from any and all claims or causes of action arising from my participation in the Event and I agree to voluntarily give up or waive any right that I otherwise have to bring legal action against the Bryan Independent School District for personal injury in connection with my participation in the Event.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the Bryan Independent School District, its Board of Trustees, officers, servants, agents, employees and volunteers.

In the event that I should require medical care or treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

In the event of an emergency, please contact the following person(s) in order presented:

### PARENT/GUARDIAN WAIVER FOR MINORS

In the event that the participant is under the age of consent (18 years of age), then this release must be signed by a parent or guardian as follows:

I hereby certify that I am the parent or guardian of \_\_\_\_\_, named above and do hereby give my consent without reservation to the foregoing on behalf of this individual.

Parent/Guardian Name: \_\_\_\_\_  
Relationship to Minor: \_\_\_\_\_  
Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

### Registration Form

Student's Name (please print)

Grade 2025 -2026

Address

City

State

Zip Code

Parent's Name

Home Phone

Parent's Work Phone

Emergency Contact

Phone

Check which Session you will be attending

\_\_\_\_\_ 8:00 - 10:30

Bench Max \_\_\_\_\_ Incline Max \_\_\_\_\_ Squat Max \_\_\_\_\_

Power Clean Max \_\_\_\_\_

\_\_\_\_\_ 10:00 - 12:30 (Suggested Time Incoming 7<sup>th</sup> through 10<sup>th</sup> Graders) \_\_\_\_\_ 11:00-12:30 Girls