

## 2023 Brock Lady Eagles Basketball Skills/ Strength and Conditioning

| Times:  |                              |  |   |   |
|---|------------------------------|--|---|---|
| 3:00 - 10:00  | High School (incoming        | g grades 9-12)   |   |   |
| 10:00 - 11:00   | Junior High (incoming        | grades 7-8)  |   |   |
| L <b>ocation:</b> Broo  | ck High School Gym           |  |   |   |
| Dates:  |                              |  |   |   |
| Week 1  | June 12 - 15                 |  |   |   |
| Neek 2  | June 19 - 22                 |  |   |   |
| Neek 3  | June 26 - 29                 |  |   |   |
| BREAK   | July 3 - 6                   |  |   |   |
| Neek 4  | July 10 - 13                 |  |   |   |
| Neek 5  | July 17 - 20                 |  |   |   |
| Neek 6  | July 24 - 27                 |  |   |   |
| <b>Cost:</b> \$25 a we  | eek or \$125 for entire su   | mmer; Make checks pa   | ayable to: <i>Brock ISL</i>   | )   |
| Name:   |                              | Grade Level:   | Email:  |   |
| Phone Number:   | Emo                          | ergency Contact:   | Pl  | none Number:  |
| nound for myself,<br>ngainst activity of<br>expenses and atto<br>nssociation with o | rney's fees which may be sus | ninistrators, hereby waive a<br>ors, representatives, truste<br>stained, suffered or incurre<br>nging, I am also releasing E | and release any and all<br>es and or assignees for<br>ed by my child or me as<br>BISD, camp director an | claims I or my child have any and all damages, costs, |
|   |                              |  |   |   |