

2020 MJH Boys Strength and Conditioning Camp

Incoming 7th and 8th graders

Dates: June 8-11, 15-18, 22-25, June 29-July 2, July 13-16, July 27-30

Time: 8:00-10:00 (8th graders) & 10:00-12:00 (7th graders)

Cost: \$100/6 Weeks; Make checks out to: MJH Athletics

****STUDENTS MUST HAVE AN UPDATED PHYSICAL ON FILE****

THIS IS AN OPPORTUNITY FOR ALL MUSTANG ATHLETS TO IMPROVE THEIR STRENGTH AND CONDITIONING AND IT IS VITAL THAT WE HAVE GREAT ATTENDANCE THROUGHOUT THE SUMMER. IT ALLOWS MJH COACHES THE OPPORTUNITY TO WORK WITH OUT ATHLETES FOR THIS 6 WEEK PERIOD.

Return Forms to:

Coach Cowger

PO BOX 88

Magnolia, TX, 77355

Email: ccowger@magnoliaisd.org

Or visit <http://www.magnoliawestathletics.com/camps> to register online

Athlete's Name _____ Grade Fall of
2020 _____

Address _____ City _____ Zip _____

Phone Number _____

Emergency Contact & Phone _____

Please list any medical conditions _____

Parent Release:

I, the parent or guardian of the above mentioned minor, hereby grant permission for him to participate in the MJH summer strength and speed camp and further acknowledge that he is physically capable of participating in all strenuous activities. I understand that by signing that I bear the financial obligations for all injuries and ailments that might occur during these activities. We, the undersigned, hereby release the Magnolia Independent School District, its employees, and all camp personnel, from all claims.

Parent/Guardian Signature _____ Date _____