**2020 MWHS Girls Strength and Conditioning Camp**

Incoming 7th-12th Graders

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

July 22-24 (OPEN WEIGHT ROOM)

TIME: 1:00PM-3:00PM

COST: $100/6 Weeks; Make Checks out to: MWHS Athletics

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

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

Return Forms to:

Coach McArdle

PO BOX 426

Magnolia, TX, 77355

E-Mail: jmcardle@magnoliaisd.org

or visit <https://www.magnoliawestathletics.com/camps> to register online

Athlete’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade Fall of 2019 \_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City \_\_\_\_\_\_\_\_\_\_ Zip \_\_\_\_\_\_\_\_\_

Home Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 MWHS summer strength and speed camp and further acknowledge that he is physically capable of participating in all strenuous activities. I understand 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_