### Medical Consent & Disciplinary Form

I authorize the camp personnel to act for me in case of medical emergency. I understand I am responsible for all medical fees associated with any injury that may occur. My child is physically fit to participate in any vigorous activity that might take place at Alvin ISD Sports Camps. By my signature below, I hereby release and forever discharge, and waive any and all claims against Alvin ISD, its employees, sponsors, trustees, workers, and volunteers that relate to my election regarding and/or my childs participation in the Alvin ISD Sports Camps.

Parent/Guardian Signature

Health Insurance Co & #

NOTE: The Manvel High School S.W.A.T. staff reserves the right to send a camper home for disciplinary reasons without a refund. Applications will not be accepted unless signed.

Signature of Parent/Guardian

Print Name of Parent/Guardian



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Manvel High School Attn: Athletics 19601 Hwy 6 Manvel, TX 77578

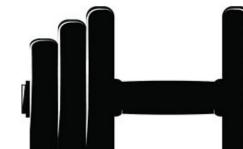
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## JAN 187

# Manvel High School

S.W.A.T. speed, weights, & agility training

JUNE 3-JULY 18





#### **Training Philosophy**

Manvel High School S.W.A.T. is a hands-on approach for ALL (male and female) athletes desiring to improve their athletic ability. The training is designed to give a strong foundation in strength and conditioning. It is devised to teach and reinforce the fundamentals of strength, conditioning and speed.

It is our commitment to improve each athlete's strength, speed, agility, and quickness. This will be accomplished over a six week period with focus on the following:

- change of direction
- acceleration and sprint mechanics
- first-step explosion
- strength training
- linear and lateral movement
- vertical jump development

#### **About** S.W.A.T.

June 3-July 18, 2019 Monday - Thursday 8am - 10am

or

10am - Noon (No camp July 3, 4, 10, 11)

Benefits: Athletes will be divided by age and grouped by ability. Beginners will learn the proper and correct way to lift weights. Advanced athletes will learn and perform advanced lifts. All will work on speed improvement.

Cost: \$90

Facility: Manvel HS Athletic Facility

Phone: 281.245.3165

#### **Registration Form**

ALVIN ISD (current, full time employees) - 1/2 price

Additional siblings - 1	1/4		
Name:			
Grade (Fall 2018):	<b>_</b> Age:	Shirt Size:	
Sibling #1:			
Grade (Fall 2018):	_ Age:	Shirt Size:	
Sibling #2: ———			
Grade (Fall 2018): —	— Age: —	—Shirt Size:	
Parent/Guardian Nan	ne:		
Address:			
Address:			
City, Zip:			
Parent Cell Phone:			
Email:			
Sports:			
	_		
Tshirt sizes available:	S,M,L,XL,	XXL	
Camp Cost: \$90			

Check Payable to: Alvin ISD Athletics