

Medical Consent & Disciplinary Form

PLACE
STAMP
HERE

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 child's 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



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



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 - 1/4

Name: _____

Grade (Fall 2018): _____ Age: _____ Shirt Size: _____

Sibling #1: _____

Grade (Fall 2018): _____ Age: _____ Shirt Size: _____

Sibling #2: _____

Grade (Fall 2018): _____ Age: _____ Shirt Size: _____

Parent/Guardian Name: _____

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