

BRAZOSPORT HIGH SCHOOL

SUMMER STRENGTH +

CONDITIONING PROGRAM

DATES: June 7—July 29 (Off July 5-8 and for UIL “No Activity” Dates of July 13-14 & July 19-20)

TIMES: Monday—Thursday from 8:00am-11:00am (2 hours Strength and Conditioning / 1 hour Sport Specific Training)

LOCATION: Brazosport High School Field House

COST: FREE

WHAT TO BRING: Workout Clothes, Flats (Tennis Shoes), and Cleats

NAME: _____

ADDRESS: _____

PHONE: _____

EMERGENCY PHONE: _____

EMAIL: _____

GRADE ENTERING 2021-2022: _____

WAIVER OF CLAIMS: I, as a parent or guardian, hereby give permission for my child to participate for Summer Strength & Conditioning Program. I acknowledge that he/she is physically able to participate in the activities. I hereby authorize the directors to act for me in a medical emergency (a certified athletic trainer will be present). I acknowledge that I will be responsible for any cost, though medical insurance or otherwise, incurred due to injury to my child. I hereby waive ANY claims I might have against the camp, directors, or the institution providing the facilities. This camp follows all guidelines set forth by Brazosport ISD and the UIL.

PARENT/GUARDIAN SIGNATURE: _____