

WHITE OAK ROUGHNECKS

Build The Derrick Summer Program '25

Male Athletes entering grades 7-12

CALLING ALL ROUGHNECKS entering grades 7-12 for the 2025-2026 school year!!! We have a summer program that will help build ATHLETES! Strength, speed, explosiveness, and how to be an ELITE TEAMMATE!

Dates: June 10-June 26 (Tuesday - Thursday in June), July 15-July 31 (Tuesday - Thursday in July)

Workout Time: 8:00-9:30 am (Skills to follow the workout)

Location: Weight Room, Track, & Competition Sites

Cost: \$50 for one athlete (Sibling \$25)

ATHLETES NEED A CURRENT PHYSICAL ON FILE

Payment due on or before **June 10th (can bring on first day) (please contact if anything else needs to be worked out)*

Please contact Coach Ludlow with any questions ludlowm@woisd.net

MAKE CHECKS PAYABLE TO: White Oak Athletics

Send check and registration form to: **Michael Ludlow-White Oak Athletics**

200 S. White Oak Rd. White Oak, TX 75693

-- Please complete, detach, and return the bottom portion of this sheet.

Athlete name: _____ Parent name: _____

Cell phone: _____

Grade next year (2024-25) _____

I, _____ (Student), have enrolled in a program of strenuous physical activity including, but not limited to, resistance training; energy development; and speed, agility, and plyometric training. I hereby confirm that I am in good physical condition and do not suffer from any disability, which would prevent or limit my participation.

I, _____ (Parent/Guardian), hereby release and indemnify to the extent permitted by law, the coaches of White Oak, from any demands and/or causes for action arising from any participation in the program. I understand that injuries may occur as a result of my child's participation in the program and hereby waive any and all claims against the White Oak coaching staff from any and all liability, both now and in future training.

Date _____ Athlete's Signature _____

Date _____ Parent's Signature _____