

WHITE OAK LADYNECKS SUMMER WORKOUTS 2025

Power program is for girl student-athletes entering 7th-12th grades for the 2025-2026 school year. It will help build strength, endurance, quickness, mental toughness, teamwork, and camaraderie with other student athletes.

Dates: June 2,3,5 / 9,10,12 / 16,17,19 / 23,24,26 July 14,15,16(Only Wednesday) / 21,22,24

Days: Monday, Tuesday, & Thursday **Time:** 8:00-9:30 AM

Location: Girls Weight Room & Track **Meet at the girls weight room by 7:55am.**

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

*****ATHLETES MUST HAVE A CURRENT PHYSICAL ON FILE TO PARTICIPATE*****

Cash or Check only!

*Payment due on or before **June 2nd** (can bring on first day) Make checks payable to: **White Oak Athletics***

Please contact Coach High with any questions 903-238-4664 or Highm@woisd.net

Send check and registration form to: **Morgan High-White Oak Girls 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 (2025-2026) _____

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 _____