



BRENHAM CUBS
STRENGTH & CONDITIONING CAMP 2022

Where: Kruse Field House

When: Monday-Thursday

Start: May 31-June 2, June 6-9, June 13-16, June 20-23, June 27-30, July 11-14, July 18-21

May 31 - June 2 Will only be weights and conditioning*NO SPORTS SPECIFIC*

Junior High 7AM - 9AM; High School 9AM - 11AM

Off: May 30, July 4-7

Time: 7:00 a.m. - 10:00 a.m. - **Boys** Incoming 7th & 8th **Mon-Thurs**

9:00 a.m. - 12:00 p.m. - **Boys** Incoming 9th-12th **Mon-Thurs**

Additional Information: ALL incoming 7th graders must have physicals. Pay close attention to the off days and weeks off.

FREE BREAKFAST AND LUNCH

Athlete's Name: _____

Address: _____

City/Zip: _____

Phone Number (home): _____

Phone Number (cell): _____

Parents Name: _____

Email address: _____

Emergency Contact: _____

Relation to Athlete: _____

Emergency Contact Number: _____

Fall 2022 grade level: _____

Sports Played: _____

Return this form to your campus coach, drop by the field house or mail to:

Brenham High School c/o Danny Youngs

525 A H Ehrig Dr. Brenham, TX 77833

Release of Liability

By participating in the summer strength and conditioning program, I release the camp personnel, Brenham ISD and Brenham High School of all claims or damages, demand, action or whatsoever in any manner arising or growing out of my participation in the program. I attest and verify that I, without endangering my health, hereby release Brenham ISD and Brenham High School from any liability now or in the future. Including, but not limited to, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back or foot injuries or any other illnesses, soreness or injury however caused, occurring during or after my participation in the summer camp. If, in fact, an injury that requires emergency medical attention occurs, I reserve the right for the camp personnel to take action through medical facilities in the area. The camp personnel reserve the right to discontinue an athlete's participation in the camp at any time for any reason. I have read the above information in full and to the best of my ability understand the information above.

SIGNATURE FOR RELEASE OF LIABILITY

Signature of Participant: _____ Date: _____

Signature of Guardian: _____ Date: _____

For Questions Contact: Danny Youngs, Athletic Director/Head Football Coach (979) 277-3790 ext. 4100, dyoungs@brenhamk-12.net