



## MUSTANG & FILLIE STRENGTH AND CONDITIONING CAMP

**When:** June 2nd to July 24th (Monday-Thursday) Camp Break (June 30th - July 4<sup>th</sup>)  
**Who:** All Mustangs & Fillies entering 7<sup>th</sup> – 12<sup>th</sup> Grade  
**Where:** Shallowater HS Athletic Facility  
**Cost:** \$75 Per Athlete / \$50 Each for Additional Siblings  
Session 1: 7:00 am to 8:00 am – Incoming 9<sup>th</sup>-12<sup>th</sup> Boys  
Session 2: 9:00 am to 10:00 am – Incoming 7<sup>th</sup> – 12<sup>th</sup> Girls  
Session 3: 9:00 am to 10:00 am – Incoming 7<sup>th</sup> & 8<sup>th</sup> Boys  
**Questions:** **Coach Vincent - [rvincent@shallowaterisd.net](mailto:rvincent@shallowaterisd.net)**

*\*This camp is designed to help high school athletes reach their athletic potential by developing and increasing strength and speed through weight training and speed/agility enhancement drills. Basic Fundamentals and Safety will be taught in Weight Training, Core, Flexibility, Speed & Agility, and Conditioning.*

**\*Registration can be mailed or can be taken care of on the 1<sup>st</sup> day.**

**Checks Payable to:** Shallowater ISD  
**Mail registration to:** Shallowater Athletics c/o Melissa Medina  
1100 Avenue K  
Shallowater, TX 79363

Athlete Name: \_\_\_\_\_

Grade (2025-2026): \_\_\_\_\_ Session: 1 2 3

T-Shirt Size: AS AM AL AXL AXXL AXXXL

Parent Name: \_\_\_\_\_

Parent Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parent Address: \_\_\_\_\_

**WAIVER OF CLAIMS:** I hereby release any claim against Shallowater ISD, or any of their agents, staff or coaches, which may occur from any injury or other damage while on the property of Shallowater HS. I hereby certified that the athlete listed above is in good physical condition and does not have any pre-existing medical conditions that would prevent him/her from fully participating in rigorous athletic drills.

\_\_\_\_\_  
**PARENT/GUARDIAN SIGNATURE**

\_\_\_\_\_  
**DATE**