



Gainesville High/Jr. High Strength and Conditioning “Leopard Camp 2024”

When: June 10th – July 25th
Monday – Thursday

NO CAMP THE WEEK OF JULY 1st-JULY 4TH

Where: Gainesville High School Weight Room and Multi-Purpose Indoor

Cost: FREE

Times of Sessions:

Girls Workout Session – 8:00am – 9:30am (ALL JH AND HIGH SCHOOL GIRLS)

GIRLS SKILLS SESSION – 9:45AM – 10:45AM (JR. HIGH AND HS GIRLS)

BOYS SKILLS SESSION – 8:30AM – 9:30AM (JR. HIGH AND HS BOYS)

Boys Workout Session – 9:45am – 11:15am (ALL JR. HIGH AND HIGH SCHOOL BOYS)

Included:

*Weight Lifting, Agility, Flexibility, Speed Training, and Skills Camp (FOR ALL SPORTS)

*Instruction given by the Gainesville High School and Jr. High Coaches

*What to Bring: Wear workout T-shirt, shorts, and tennis shoes.

*Please be sure to bring your own water bottle.

Contact Information: Coach Donald Stowers email address – dstowers@gainesvilleisd.org
(cell) (254)681-3015

Coach Neil Searcy email address – nsearcy@gainesvilleisd.org (940)612-5711 (office)
(940)613-7810(cell)

MEDICAL RELEASE FORM and WAIVER CLAIM^[SEP], as a parent or guardian, hereby give permission for my child, _____, to participate in the Gainesville Leopard Camp and acknowledge the fact that he is physically able to participate in camp activities. I hereby authorize the directors of the Gainesville Leopard Camp to act for me in any emergency requiring medical attention and acknowledge that I will be responsible for any cost (through family medical insurance or otherwise) incurred due to sickness or injury to my son. I hereby waive any claim that I might have against the Gainesville Leopard Camp and the institution providing the facilities.

Signature of Parent or Guardian: _____ Date _____
Printed Name of Parent/Guardian: _____