

Please make all checks payable to: CEFA (Golden Eagle Football Association)

Mail Completed Forms to: Del Oro HS ATTN: DO Football, 3301
Taylor Rd., Loomis, Ca 95650

1ST _____ 2ND _____ 3RD _____ 4TH _____ 5TH _____ 6TH _____ ALL _____

SESSIONS ATTENDING:

PAYMENT METHOD:

AMOUNT _____ CHECK _____ CASH _____

PLAYER NAME: _____ AGE: _____

GRADE: _____ SCHOOL: _____



CONTACT INFO:

JOSH PARRY

916.652.7243 ext. 1045
delorofootballhc@gmail.com

JOHN HILTON

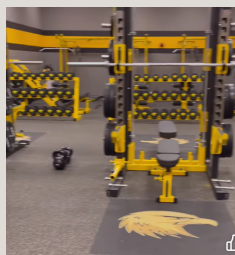
916.652.7243 ext. 1045
jhilton@puhsd.k12.ca.us

OFFICE HOURS **7:30 AM-4:00PM**

The Loomis Union School District does
not
support nor endorse this activity.
The distribution of this material is
done
as a community service.



PERFORMANCE TRAINING & CONDITIONING



Please Read Informed Consent and Release Authorization:

I, the parent/guardian of the child whose name appears on this form, hereby authorizes my child to participate in the program described in this brochure. I agree to indemnify and hold harmless PUHSD, Del Oro High School, its employees, students and volunteers from and against any and all liability for injury or damages which may result from his/her participation in the above mentioned activity. I also agree that the coaching staff may act as best fits the situation in case of emergency, if efforts to contact other emergency persons or myself fail.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM:

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

MEDICAL INFORMATION REQUIRED

NAME: _____ PHONE: _____

FAMILY PHYSICIAN: _____ PHONE: _____

MED/ACCIDENT INSURANCE CO. _____ POLICY NUMBER: _____

ADDRESS OF INSURANCE CO. _____ POLICY NO. _____ ALLERGIES _____

WHO:

- Group 1: 8:00am-10:00Pm (10-12th)
- Group 2: 10:00am-12:00pm (6-9th)

WHEN:

- Monday-Thursday
 - Session 1 -----June 3-6
 - Session 2----June 10-13
 - Session 3 ----June 17-20
 - Session 4---June 24-27
 - Session 5----July 15-18
 - Session 6----July 22-25

COST:

- \$50 Per Session or \$200 for all 6!
- If you are buying all 6 Sessions, your summer training costs you less than \$5.00 per hour!



What:

- Here is your chance to get personal instruction in performance training from Highly Qualified Del Oro Strength and Conditioning Staff. The session will be focusing on Weightlifting, Plyometrics, Speed, Agility, Quickness, Core Strength, Conditioning, Mobility and Flexibility. Each session will be 2 hours per day done in a group setting. All levels of athletes are welcomed. Beginning, Intermediate, and Advanced athletes will be trained according to their experience.

How to Sign Up:

- Please complete the information on the perforated section and mail to Del Oro High School, C/O DO Football 3301, Taylor Rd Loomis Ca, 95650 or you can drop off at Del Oro High School. There will be limited number of athletes admitted, so availability will be on first come, first serve basis. For more information, please contact Josh Parry or John Hilton

