



# 2015 Connally Cougar Athletics Speed & Strength Summer Camp

**When:** June 8<sup>th</sup> – July 30<sup>th</sup> (Off the week of July 4<sup>th</sup>)

Camp is six weeks total with 2 off-weeks, June 29- July 4 and July 20<sup>th</sup> – 24<sup>th</sup>. Camp will be Monday through Thursday each week. There will be two separate sessions daily.

**1<sup>st</sup> Session: 8 a.m. – 10 a.m.**

Designed for all male athletes currently enrolled at Connally High School

**2<sup>nd</sup> Session: 10 a.m. – 12 p.m.**

Designed for incoming freshmen, future Cougars and female athletes currently enrolled at Connally High School

**Where:** Connally High School Fieldhouse

**Mail or Drop-off Forms & Fees to:**

Connally HS Athletics  
Speed & Strength Camp  
Coach Cecil/ Fieldhouse  
13212 N. Lamar  
Austin, TX 78753

**What I Need:** Athletic Attire, Physical and Camp Fee

**Athletic Attire:**

Athletes should wear clothing which is appropriate for indoor/outdoor exercise and closed-toe shoes. In addition to these items, athletes may wish to bring a pair of cleats, towel and water.

**Physicals:**

All Summer Strength and Speed Camp participants must have a physical (no more than one year old) on file with Connally Athletic Trainers. Current Connally athletes are covered by their past year's physical. Incoming freshmen and future Cougars must submit a recent physical signed by a physician with the camp registration form. Copies of physicals that are currently on file at athletes' middle schools may be used as well.

**Fees:**

The cost for the six-week camp is **\$60**. Cash or check only. **Please make checks payable to Connally Cougar Football.**

*For Additional Information Contact Coach Cecil at [Jason.cecil@pfsd.net](mailto:Jason.cecil@pfsd.net)*

## PARENT/GUARDIAN CONSENT FORM AND REGISTRATION

**Session Attending** (circle one): **1st Session**    -or-    **2nd Session**

**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Incoming Grade:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**LIABILITY RELEASE:** I, as the parent or guardian of \_\_\_\_\_ do hereby give permission for my child to participate in the Summer Speed and Strength Camp at Connally HS. I acknowledge that my child is physically able to participate in all camp activities. I hereby release and forever discharge Connally HS, PflSD, its employees, agents, and contractors in both their public and private capacities from any and all liability, claims, suits, damages or cause(s) of action whatsoever for any property damage or personal injury sustained by my child that may arise as a result of his/her participation in camp activities. I also give my permission for any emergency medical care to be given to my child that may be required as a result of any injury from participation in camp activities.

\_\_\_\_\_  
**Parent/Guardian Signature**

\_\_\_\_\_  
**Date**

**Office Use Only**

Physical? Yes No

Amount Paid: