

CRYSTAL LAKE CENTRAL FOOTBALL

Summer Football and Weights Camp 2019

About the Camp

The Crystal Lake Central “Tigers” Football Summer Camp is designed to improve the football skills of players during the off-season. Emphasis will be placed on teaching the most up-to-date fundamentals of football. Through the teaching of skills, different drills and 7-on-7 scrimmages, the players will strengthen their overall performance.

The “Tigers” weightlifting camp is designed to improve the performance of athletes. Emphasis will be placed on teaching proper lifting techniques, improving core strength, agility and balance. Participation in the lifting program will help improve performance and help reduce the risk of injuries.

Camp Staff

Camp Director, Jon McLaughlin, is in his 11th overall season as Head Coach of the Tigers. Working with Coach McLaughlin will be the Crystal Lake Central Football Staff.

General Information

- Demonstrations of skills and techniques will be done by the Crystal Lake Central Football staff.
- A camp T-Shirt and shorts to each participant.

Weight Room

- Dates: June 3 - June 27 (Monday – Thursday)
July 8 - August 1 (Monday – Thursday)
- Time: Freshman 9:00 a.m. – 10:00 a.m.
Varsity and JV 7:00 a.m. – 9:00 a.m.

Football Camp

- Dates: July 8 – August 1 (Monday – Thursday)
- Grades: Open to all in grades 9-12
- Cost: \$265.00 before June 1 \$275 after June 1
- Time: Freshman 7:00 a.m. – 9:00 a.m.
Varsity + JV 9:00 a.m. – 11:00 a.m.

*NOTE: Each Camper will need shorts, T-shirt, and football shoes

PAYMENT IS DUE BY JUNE 1, 2019

Online Registration preferred at: [Camp Registration Link](#)

If you are unable to register online

Return registration form to:

Brandee Iversen
Crystal Lake Central High School
45 West Franklin Avenue
Crystal Lake, Illinois 60014
(Make checks payable to **Crystal Lake Central High School**)

CRYSTAL LAKE CENTRAL FOOTBALL

Summer Football and Weights Camp Registration PAYMENT OF \$265 DUE BY JUNE 1, 2019 (\$275 AFTER 6/1)

Name _____ Birth Date _____
Address _____ City _____
Phone _____ Grade 19-20 School Year _____
Parent/Guardian Name _____
Parent/Guardian Email _____
Emergency Contact Name _____
Emergency Phone Number _____
Shirt Size: _____ Short Size: _____

Community High School District 155 Summer Camp Waiver and Hold Harmless Agreement

In consideration of the undersigned's participation in Summer Camp Community High School District Program ("Program"), we acknowledge that we understand the nature of the activity and that the undersigned student is qualified, in good health and in proper physical condition to participate in the Program. We fully understand this type of training involves a risk of serious bodily injury, including permanent disability, paralysis, and death and these and other risks may be caused by my own actions or inaction.

Having been informed of and clearly understanding the circumstances described above, the undersigned hereby agree to release, protect, defend, indemnify, and hold harmless Community High School District 155, its Board, officers, agents and employees from any loss, claim, lawsuit, and/or liability resulting from or in connection with the Program. The undersigned intend for this indemnification to be given its broadest application to all claims.

The undersigned further waive, release and warrant that we shall not individually or collectively bring any claim, by lawsuit or otherwise, against the District, its Board of Education or its members, officers, employees, agents and volunteers directly or on behalf of the undersigned student or any other person for any injury, damages, or loss arising out of the undersigned student's participation in the Program. The undersigned understand that this is a voluntary activity and we individually and collectively agree to assume the full risk of any injuries, damages, or loss that the undersigned student may sustain as a result of participation in the Program. The provisions of this Hold Harmless Agreement shall be deemed severable and the invalidity or unenforceability of any provision shall not affect the validity and enforceability of other provisions herein.

Parent/Guardian Signature: _____ Date: _____
Athlete Signature: _____ Date: _____