



Brock Eagle 2018 Boys Basketball Strength and Conditioning High School & Jr. High Sessions

We understand that athletes may not be able to make every week due to summer plans. We just ask that they participate in as many as possible. It is better for them to be at the workouts they can attend, than to not participate at all. This program will work on strength, agility, vertical, speed and quickness.

June Dates:

WEEK 1 - Tuesday, June 12th – Thursday, June 14th

WEEK 2 – Monday, June 18th – Thursday, June 21st

WEEK 3 – Tuesday, June 26th – Thursday, June 28th

July Dates:

July 1st – 8th off for 4th of July week

WEEK 4 – Monday, July 9th – Thursday, July 12th

WEEK 5 – Monday, July 16th – Thursday, July 19th

WEEK 6 – Monday, July 23rd – Thursday, July 26th

Time:

8:30AM – 10AM = HS Session (incoming 9th – 12th)

9:30AM – 10:30AM = Jr. High Session (incoming 7th and 8th)

Site:

HS Gym Weight Room (in the back part of the high school gym)

Price:

\$100 per athlete

Cash is preferred

If you need to pay with check, make checks payable to: Zach Boxell

Name _____

Telephone _____ Address _____

Grade Next Year _____ Camp Session (circle one): HS / Jr. High

T-Shirt Size, Circle one: YS YM YL / Adult Sizes: S M L XL XXL

I understand that I am to provide my own insurance and that neither Brock I.S.D. nor the strength and conditioning staff is responsible for accidents or injury to my child. I also give permission for my child to be treated in an emergency situation.

Parent Signature _____ Date _____