



2020 Girls Basketball Junior High and High School Strength/Conditioning Program

The focus of the program is to improve the following aspects of athleticism:

*STRENGTH

*SPEED

*AGILITY

*CONDITIONING

*EXPLOSION

*QUICKNESS

*FLEXIBILITY

*BASKETBALL SKILLS

TIMES: 7:30 – 8:15AM (SKILLS WORK: INCOMING 9-12)
8:15 – 9:10AM (STRENGTH AND CONDITIONING: INCOMING 7-12)
9:15 – 9:45AM (SKILLWORK: INCOMING 7-8)

WEEKS: WEEK 1 - June 8-11
WEEK 2 - June 15-18
WEEK 3 - June 22-25
OFF - June 29-July 10
WEEK 4 - July 13-16
WEEK 5 - July 22-24 (WED-FRI)
WEEK 6 - July 27-30

PLACE: JUNIOR HIGH TRACK AND GYM – Check-in will be by the backdoor of the Junior High gym.

****ALL UIL/TEA SAFETY GUIDELINES WILL BE FOLLOWED****

Name: _____ **Grade (next school year):** _____

Email: _____

Phone Number: _____

Emergency Contact Name _____

Emergency Contact Number _____

COST: \$125 for all 6 weeks

(pay weekly @\$25 per week)

Cash or Check
Please make checks payable to Brock ISD

Waiver of Liability: As partial consideration for the acceptance of this application for registration, I, intending to be legally bound for myself, my heirs, executors, and administrators, hereby waive and release any and all claims I or my child have against activity officials, supervisors, instructors, representatives, trustees and or assignees for any and all damages, costs, expenses and attorneys fees which may be sustained, suffered or incurred by my child or me as a result of my child's association with or entry in this activity. By signing, I am also releasing BISD, camp director and staff of any and all liability.

Parent signature: _____