



2018 Summer Strength/ Conditioning Program

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

***STRENGTH**

***EXPLOSION**

***SPEED**

***QUICKNESS**

***AGILITY**

***FLEXIBILITY**

***CONDITIONING**

TIMES: 7:30 - 9:00 AM HS GIRLS (entering 9th-12th grade)

WEEKS: WEEK 1 - June 11-14
WEEK 2 - June 18-21
WEEK 3 - June 25-28
OFF - July 2-15
WEEK 4 - July 16-19
WEEK 5 - July 23-26
WEEK 6 - July 30-Aug. 2

WHERE: Brock High School Gym Weight Room & High School Track

COST: \$100 for ENTIRE SUMMER or \$20 per week (CASH ONLY)



Name: _____ Grade (next school year): _____

Email: _____

Phone Number: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

Return Form By:
May 22, 2018 (can pay
the first day of camp).

CASH ONLY

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.