



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: 9:45 - 11:00 AM HS GIRLS (entering 9th-12th grade)

WEEKS: WEEK 1 - July 9-12
WEEK 2 - July 16-19
WEEK 3 - July 23-26

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

COST: \$50 for ENTIRE SUMMER



Name: _____ Grade (next school year): _____

Email: _____

Phone Number: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

Return Form By:
First day of camp.

MAKE CHECK PAYABLE TO: MALLORY DANIEL

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.