

CHECOTAH WILDCATS 2017

BOYS



GIRLS

Summer Program

All Athletes Entering Fall Grades 3-6

Free to All Athletes

June 5 - July 20



Speed Development & Sports Instruction

SPEED DEVELOPMENT: Program is designed to improve an athlete's speed and agility, as well as conditioning. A combination of stretching, form running, agility drills, resistance training, overspeed running, plyometrics, and anaerobic training will be used to accomplish these goals.

SPORTS INSTRUCTION: Athletes will receive sport specific instruction from the High School coaching Staff.

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Fill Out both sides and turn in below information to any high School or JH coach

ATHLETE CONTACT INFORMATION

Name : _____
Fall 2017 Grade : _____
Address : _____
Phone : _____
Sports Played: _____

EMERGENCY CONTACT INFORMATION

Parent/Guardian : _____
Relationship to you : _____
Emergency Contact Phone # : _____

SEE OTHER SIDE

Speed Development Information

DATE: June 5 - July 20 , 2017

ATHLETES : (All Boys/Girls) Grades 3rd - 6th

TIMES : 7:30 AM - 12:00 PM

DAYS : Monday's, Tuesday's & Thursday's **(Off the week of July 4th)**

ARRIVAL: Report to the Intermediate School Cafeteria.

DEPARTURE: Athletes can be picked up at the Intermediate School Cafeteria

REGISTRATION FORM DUE : Your child may turn in form to any HS or MS School coach. You may also bring form the first day of camp.

WORK OUTS : Each day athletes will spend time on the football field and on the track.

In case of bad weather athletes will workout in the HS gymnasium.

MEALS: ***Breakfast and Lunch Provided***

FOR MORE INFORMATION CALL

Chad Hendricks (Head Football and Track Coach) (918) 473-8083

Brian Terry (HS Principal and AD) (918) 617 - 0630

Jason Donathon (MS Principal and AD) (918) 441 - 0992

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Fill Out both sides and turn in below information to any high School or JH coach

PERMISSION WAIVER

My son/daughter has permission to participate in this camp. In the event of an emergency in which my son/daughter requires medical attention, I authorize the staff and trainer to act for me and to obtain whatever medical treatment that the staff may deem necessary. I specifically waive, give up, and release the instructors and Checotah Public Schools from liability for any claim or financial responsibility for damages, which my son/daughter may receive from injuries or illnesses he/she may sustain at, or traveling to and from the camp.

ATHLETE NAME : _____

PARENT/GUARDIAN SIGNATURE : _____
