

# FASST CAMP

## Flexibility • Agility • Speed • Strength • Toughness

*These are the characteristics all great athletes have. They don't just happen by accident. They are built, worked on daily and earned!!*

**Camp Staff - Coach Vanover & LHS Coaches**  
**Monday thru Thursday, June 10th to Aug. 1st (No camp on Thurs., July 4th)**  
**7:30 AM to 9:30 AM**

**1 hour strength development & 1 hour speed, conditioning & flexibility each day**  
**This program is for all incoming 8th thru 12th grade male or female athletes.**

**COST: \$25.00**

**You will need to bring** flat athletic shoes, appropriate workout apparel, a towel (optional) and cleats if you are a field sport athlete. Camp will be held at the Athletic Field House.  
Please arrive 15 minutes prior to the session each day

Student Name:

\_\_\_\_\_

(Last)

(First)

(Middle)

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Grade Level Entering \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

### Medical Treatment Authorization/Liability Waiver

I \_\_\_\_\_ do hereby authorize the FASST.Camp staff in the event of an emergency situation to  
(Print name of parent or legal guardian)  
obtain medical attention according to their best judgement. I hereby waive and release Livingston I.S.D. and all coaches or other camp personnel from any and all liability for any injury or illnesses incurred while participating the FASST Camp.

\_\_\_\_\_  
(Signature of parent or legal guardian) Date \_\_\_\_\_