2019 KELLER INDIANS
STRENGTH & CONDITIONING

Dates: **June 3rd– June 27th (Monday –Thursday)**

July 8, 11, 12, 16, 17, 18, 24, 25, 26 (Days are set by the UIL)

*There will be no workouts the week of July 1-5—KISD will be closed.

Location: K.I.S.D . Stadium / Field House @ Keller High School

Eligibility: 10th-12th grade (8:00am-9:30) 7th-9th grade (10:00-11:30)

Cost: $130.00

What To Bring: Football Cleats, Sneakers, Water bottle, Shorts and T-Shirt

Benefits: *Strength, Speed, and Quickness training .

*Improving overall athleticism.

*Age and ability specific training.

Make Checks Payable to: ***Keller ISD***

Mail to: Coach Carl Stralow
601 N. Pate Orr Rd.
Keller, TX 76248

Strength and Conditioning Camp

Name_____**Grade Fall of 2019**_____

Street_____ City_____ Zip_____

School Attending in Fall of 2019_____Male ☐ Female ☐

Parent's Name_____ Work #_____Cell #_____

Parent's Email _____

T-shirt size (please circle) Youth L XL / Adult S M L XL XXL

PARENTAL CONSENT: The signature below gives my consent for the mentioned athlete to participate in the Keller High School Strength and Conditioning Camp. It is understood that even though preventive measures are taken, the possibility of an accident still remains. The Keller Independent School District and the Keller High School coaching staff, or any other camp clinicians assumes no responsibility should and accident occur.

PARENT SIGNATURE: _____