Timber Creek
Lady Falcons

Strength and Conditioning Camp 2020

Cost of Camp:
$100
Make checks payable to:
Keller ISD

To Register:
Detach the registration/form and send it with your student-athlete along with payment directly to Coach Mercer.

Timber Creek HS
Lady Falcon SSC
12350 Timberland BLVD
Fort Worth, TX 76244

For More Information Contact:
Coach Melanie Mercer
2149497031

Release of Liability:

I, the undersigned parent/guardian of ____________________________
authorize said child's full participation in the Lady Falcon Speed/Strength & Conditioning Camp including related activities. It is my understanding that the activities that make up the Lady Falcon Speed/Strength & Conditioning Camp are not without risk of injury. As such, in my consideration of my child's participation in the Lady Falcon Speed/Strength & Conditioning Camp, I hereby release, waive, discharge, and covenant not to sue the camp, Keller ISD, their officers, agents or employees from any liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury that may be sustained by the child, whether caused by negligence of the releases, or otherwise while participating in such activity or while in, on, or upon premises where the activity is being conducted. I also agree to follow all instructions and procedures in order to maintain a maximum level of safety. I understand that I should make sure my child is covered with family, insurance in the event of a serious accident. I also give permission for any emergency medical care or treatment by a physician, surgeon, hospital, or medical care facility that may be required including transportation and accept responsibility for the cost.

Name of Parent Guardian (Please Print)
________________________________________

Parent/Guardian Signature:
________________________________________
WHO CAN PARTICIPATE?
Incoming 9th-12th Graders:
We encourage all athletes who plan to tryout for volleyball to participate in this camp.

WHERE IS CAMP?
Camp will be held in the Timber Creek HS weight room, outdoors, gym and grass areas.

WHEN:
Monday-Thursday
7:45-10:30 AM
Skills/Weight Room
Groups will be created to maintain 1:15 coach/player ratio/session times may vary.

WHO ARE YOUR INSTRUCTORS:
Timber Creek Volleyball Staff

NEW FOR 2020:
Each athlete is required to fill out the COVID-19 screening 30 min PRIOR to each session. This information will be discussed at the beginning of camp.

FOCUS OF INSTRUCTION?
STRENGTH, SPEED, AGILITY,
POWER/VERTICAL
CONDITIONING AND QUICKNESS

WHAT ARE THE BENEFITS?
Improving speed, strength, agility, explosion, and quickness will increase overall athlete performance.

Our intensive program will build unity among athletes and prepare for 2020 season success.

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