



2021 KELLER INDIANS STRENGTH & CONDITIONING



- Dates:** June 7th– July 1st (Monday –Thursday)
 July 12th-22nd (Monday-Thursday)
 *There will be **NO** workouts the week of July 5th-9th (KISD will be closed).
- Location:** K.I.S.D . Stadium / Field House @ Keller High School
- Eligibility:** 10th-12th grade (8:30am-9:30) 7th-9th grade boys and ALL Girls (10:00am-11:00)
- Cost:** \$110.00
- What To Bring:** Football Cleats, Sneakers, Water bottle, Shorts and T-Shirt and Hand Sanitizer.
- 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

Or online - www.kellerisd.net/store

Strength and Conditioning Camp

Name _____ Grade Fall of 2021 _____

Street _____ City _____ _____ Zip _____

School Attending in Fall of 2019 _____ Male _____ Female _____

Parent's Name _____ Work # _____ Cell # _____

Parent's Email _____

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: _____