

Release of Liability:

I, the undersigned parent/guardian of

authorize said child's full participation in the Central Charger Speed/Strength & Conditioning Camp including related activities. It is my understanding that the activities that make up the Central Charger Speed/Strength & Conditioning Camp are not without risk of injury. As such, in my consideration of my child's participation in the Central Charger 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:

COST OF THE CAMP?

\$110 before May 14th

\$120 after May 14th

MAKE CHECKS PAYABLE TO:

Keller ISD

TO REGISTER:

Detach the registration/release form and send it with the student-athlete along payment, or mail the form in along with payment to:

Central High School

**Lady Charger Strength and
Conditioning Camp**

c/o Lyndsay Baker

9450 Ray White Rd.

Keller, TX 76244

For More Information

Call: 817-744-2000

CENTRAL LADY CHARGERS

CENTRAL



**Strength and
Conditioning Camp
2021**

WHO CAN PARTICIPATE?

Incoming 9th-12th graders.

We encourage all athletes, regardless of their sport, to participate in this camp! The Central Coaching Staff is dedicated to establishing excellence, and building a strong future in all athletic programs at Central High School.

WHERE WILL THE CAMP BE HELD?

In the Central High School weight room, gym and track

WHEN WILL THE CAMP BE HELD?

Dates:

June 7th - July 1st

July 5th - July 8th (OFF)

July 12th - July 22nd

Monday	VB Skill 7-8 am ALL WR 8-9:30 am
Tuesday	ALL WR 4-5:30 pm VB Skill 5:30-6:30 pm VB Open Gym 6:30-7:30
Thursday	ALL WR 8-9:30 am

WHAT ARE THE AREAS OF INSTRUCTION?

SPEED, AGILITY, POWER, EXPLOSION, QUICKNESS, & CONDITIONING!

WHAT ARE THE BENEFITS?

Improving speed, agility, explosion, strength, and quickness will increase overall performance of the athlete.

The intensive six week program will help mold our participants into better athletes.

Our ATHLETIC PROGRAMS will thrive with the improved abilities of each athlete.

WHO ARE THE INSTRUCTORS?

The highly motivated and experienced Central High School Coaching Staff.

REGISTRATION FORM

ATHLETE'S NAME

ADDRESS

DATE OF BIRTH

GRADE FALL 2019

PARENT/GUARDIAN NAME

WORK #

CELL #

EMERGENCY CONTACT PERSON

RELATIONSHIP

CONTACT #

Method of Payment (check one)

CASH PAYMENTS OF \$110

CHECK PAYMENT OF \$110

Late fee of \$10 will be added after May 14th

PAYABLE TO: Keller ISD

Attn: Lyndsay Baker

9450 Ray White Rd.

Keller, Texas 76244

Email: Robert.Barker@kellerisd.net for BB

Lyndsay.Baker@kelelrisd.net for VB

Katie.Welborn@kellerisd.net for SB