

REGISTRATION FORM

Complete form online/paper and submit with payment to Coach Mercer or Coach DeMichele by May 28th. Mail in or drop off payment to TCHS: 12350 Timberland Blvd. Fort Worth TX, 76244
ATTN: Melanie Mercer

STUDENT INFO:

NAME

EMAIL ADDRESS

GRADE

EMERGENCY CONTACT INFO

NAME

PHONE NUMBER

RELATION

COST OF CAMP

Pre-Registration by May 28th
\$100

Late Registration/Walk-up on start date June 14th
\$115

Keller ISD employee discount:
Contact: Melanie.Mercer@kellierisd.net

Please circle payment method:

CASH PAYMENT: _____

CHECK PAYMENT: _____

Make checks payable to:
Keller ISD

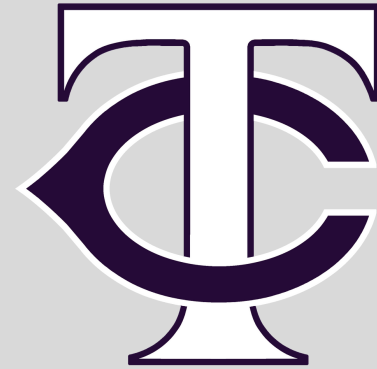
ONLINE REGISTRATION:

<http://bit.ly/SSC-LadyFalon2021>

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CONTACT MELANIE MERCER
214-949-7031
melanie.mercer@kellerisd.net

TIMBER CREEK HIGH SCHOOL



**SUMMER
STRENGTH
CONDITIONING**

WWW.TIMBERCREEKVOLLEYBALL.COM

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,

STUDENT SIGNATURE:

GUARDIAN SIGNATURE:

WHEN:

Monday:

VB Skills 7:30-8:30 AM
VB WR 8:30-9:30 AM

Tuesday:

ALL WR 7:30-8:30 AM
GBB Skills 8:30-9:30 AM

Wednesday:

ALL WR 7:30-8:30 AM
VB Skills 8:30-9:30 AM
Open Gym 9:30-10:30 AM

Thursday:

All Skills 7:30-8:30 AM
All WR 8:30-9:30 AM
Open Gym 9:30-10:30 AM

Weight Room/Gym/Outdoors

Weekly Schedule can be found on SportsYou - Skills/WR Schedule will change based on camps/events.

Week 1: **June 14-17**

Week 2: **June 21-24**

Week 3: **June 28-1**

OFF JULY 5-9

Week 4: **July 12-15**

Week 5: **July 19-22**

Week 6: **July 26-29**

COACHES:

TCVB and GBB Staff

WHO CAN PARTICIPATE:

Incoming 9th-12th graders

We encourage all student-athletes who plan to tryout for 2021 volleyball, basketball, track etc. to attend workouts.

FOCUS OF INSTRUCTION:

Incoming **9th** - focus on learning age appropriate lifts to prepare for high school athletics.

ALL - Strength, Speed, Agility, Power/Vertical and conditioning

EQUIPMENT NEEDED:

- Gallon water jug
- Athletic shoes and athletic attire