

REGISTRATION FORM

Complete form online/paper and submit with payment to Coach Mercer 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
\$80

Late Registration/Walk-up on start date June 21
\$100

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

Please circle payment method:

CASH PAYMENT: _____

CHECK PAYMENT: _____

Make checks payable to:
Keller ISD

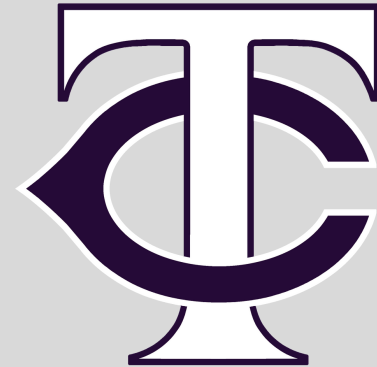
ONLINE REGISTRATION:

<http://bit.ly/8thgradeSSC>

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CONTACT MELANIE MERCER
817-744-2420
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 - Thursday

9:30- 10:30 AM

Week 1: **June 21-24**

Week 2: **June 28-1**

OFF JULY 5-9

Week 3: **July 12-15**

Week 4: **July 19-22**

**** Check-in will be begin at 9:20 AM.****

COACHES:

TCVB, GBB Staff and athletic staff

EQUIPMENT NEEDED:

- Gallon water jug
- Athletic shoes and athletic attire

WHO CAN PARTICIPATE:

Incoming 7th-8th graders

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

FOCUS OF INSTRUCTION:

Focus on learning age appropriate weight training and conditioning skills to prepare for high school athletics.

Emphasis: Strength, Speed, Agility, Core and Power/Vertical and conditioning training

CONSTRAINTS

Email Coach Mercer if you have special circumstances but still want to attend.