



2023 KELLER INDIANS STRENGTH & CONDITIONING



- Dates:** **June 5th– June 29th (Monday –Thursday)**
July 10th-20th (Monday-Thursday)
 *There will be **NO** workouts the week of July 3rd-7th (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:** \$125.00
- What To Bring:** Football Cleats, Sneakers, Water bottle, Shorts and T-Shirt.
- Benefits:** *Strength, Speed, and Quickness training .
 *Improving overall athleticism.
 *Age and ability specific training.

Mail to: Coach Carl Stralow
 601 N. Pate Orr Rd.
 Keller, TX 76248

Or online - www.kellerisd.net/store

Make Checks Payable to: ***Keller ISD***

Strength and Conditioning Camp

Name _____ **Grade Fall of 2023** _____

Street _____ **City** _____ **Zip** _____

School Attending in Fall of 2023 _____ **Male** **Female**

Parent's Name _____ **Work #** _____ **Cell #** _____

Parent's Email _____

SPORT _____

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: _____