

# FOSSIL RIDGE STRENGTH & CONDITIONING CAMPS 2023

## JUNE 12TH - JULY 27TH



**OFF FRIDAYS & WEEK OF JULY 4TH**

**LOCATION: FOSSIL RIDGE HIGH SCHOOL FOOTBALL FIELD**

<b>7TH - 8TH - 9TH GRADES</b>	<b>7:30 - 9:30 AM</b>	<b>\$100 / ATHLETE</b>
<b>10TH - 11TH - 12TH GRADES</b>	<b>8:30 - 10:30 AM</b>	<b>\$100 / ATHLETE</b>

**WHAT TO WEAR & BRING: SHORTS, T-SHIRT, CLEATS & SNEAKERS**

SEND QUESTIONS TO COACH GROUNDS AT [JOHN.GROUNDS@KELLERISD.NET](mailto:JOHN.GROUNDS@KELLERISD.NET)

**PLEASE DETACH AND RETURN REGISTRATION INFORMATION**

**PLAYER LAST NAME:** \_\_\_\_\_ **PLAYER FIRST NAME:** \_\_\_\_\_

**CIRCLE THE 2023-24 SCHOOL YEAR CLASSIFICATION:** 7<sup>TH</sup> 8<sup>TH</sup> 9<sup>TH</sup> 10<sup>TH</sup> 11<sup>TH</sup> 12<sup>TH</sup>

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_ **ZIP CODE:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

I HEREBY GRANT PERMISSION FOR MY SON/DAUGHTER TO PARTICIPATE IN THE FOSSIL RIDGE STRENGTH & CONDITIONING CAMP AND ACKNOWLEDGE THAT HE/SHE IS PHYSICALLY ABLE TO PARTICIPATE IN CAMP ACTIVITIES. I RELEASE KELLER INDEPENDENT SCHOOL DISTRICT, FOSSIL RIDGE, AND ITS EMPLOYEES FROM ALL CLAIMS FOR INJURIES OR ILLNESS WHICH MAY BE SUSTAINED BY MY SON/DAUGHTER AT THE FOSSIL RIDGE STRENGTH & CONDITIONING CAMP.

**PARENT NAME:** \_\_\_\_\_

**PARENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**MAKE CHECKS OR MONEY ORDERS PAYABLE TO: FOSSIL RIDGE FOOTBALL**

**MAIL REGISTRATION TO:**  
FOSSIL RIDGE FOOTBALL  
C/O COACH DEREK RAMSEY  
4101 THOMPSON RD  
FT. WORTH, TX 76244