



# 2024 KELLER INDIANS STRENGTH & CONDITIONING



**Dates:** June 3rd– June 20th (Monday –Thursday) 3 Weeks

July 8th-25th (Monday-Thursday) 3 Weeks

\*There will be **NO** workouts from June 21 - July 7th.

**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.

**Make Checks Payable to:**

***Keller ISD***

**Mail to:**

Coach Carl Stralow

601 N. Pate Orr Rd.

Keller, TX 76248

**Or online -** [www.kellerisd.net/store](http://www.kellerisd.net/store)

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## Strength and Conditioning Camp

**Name** \_\_\_\_\_ **Grade Fall of 2024** \_\_\_\_\_

**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:** \_\_\_\_\_