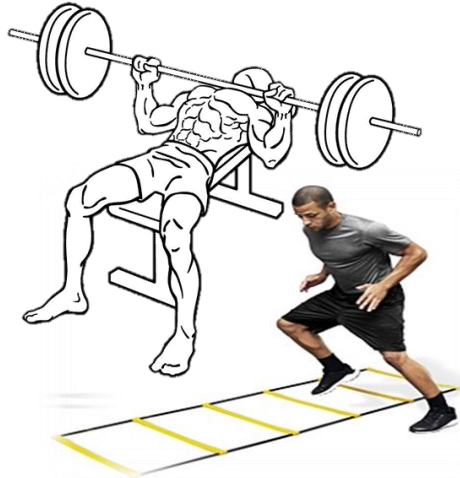




2019 Foster 7th-12th Grade ALL-MALE-SPORTS Summer Strength and Conditioning (SAC) Camp



WHERE: FOSTER FIELD HOUSE AND FIELDS

WHEN: JUNE 17- August 1, 2019
MON-THURS. OFF FRIDAYS

*NO Camp dates: 7/3, 7/4, 7/9,
7/10, 7/22, 7/23

TIME: 8:00 AM -10:00 AM

INSTRUCTORS: FOSTER COACHING STAFF

COST: \$50.00 (Checks payable to FHS #14 or CASH). Price includes 22 training sessions.

WHAT TO BRING: Wear shorts, t-shirt, running shoes, and bring a positive attitude. Water will be provided (you may bring a water bottle with you).

BE SURE TO EAT BREAKFAST AT LEAST 30 MIN BEFORE!

- ✓ Open to All Sports!
- ✓ Get in Shape for Fall!
- ✓ Get Faster!
- ✓ Get Stronger!
- ✓ Get Quicker!
- ✓ Guys only
- ✓ Contact Coach McDowell for more information:
semcdowell@lcsd.org
832-223-3963

PLEASE RETURN THIS FORM TO:

SHAUN MCDOWELL
FOSTER HIGH SCHOOL
4400 FM 723
RICHMOND, TX 77406
(OR BRING IT WITH YOU TO CAMP.)

ATHLETE'S NAME: _____

EMERGENCY NUMBER: _____

CURRENT PHYSICAL: YES OR NO

2019-2020 SCHOOL YEAR GRADE: _____

I hereby authorize the directors of the Foster High School SAC program to act for me in accordance with their judgement in any emergency requiring medical attention, I further waive and release the camp, staff members and the L.C.I.S.D. From liability for damages from injuries or illness. I know of no mental or physical condition which may affect my child's ability to participate in the camp.

PARENT'S SIGNATURE: _____

"THIS ORGANIZATION AND ITS ACTIVITIES ARE NOT RELATED TO OR SPONSORED BY LAMAR CISD."